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LAUREN FLESHMAN
CHALLENGES YOU

SHINS HURT?
QUICK FIXES p60

23

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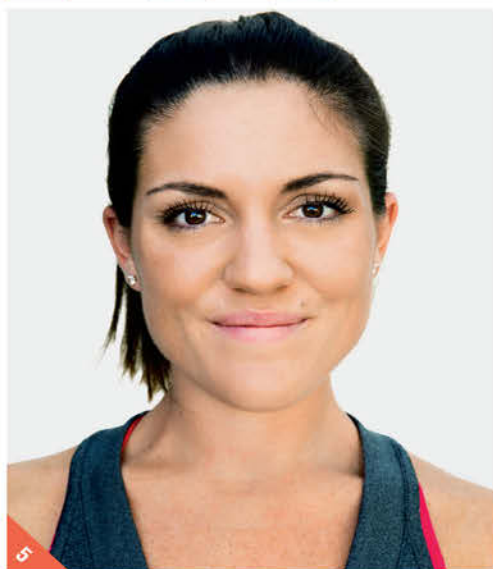
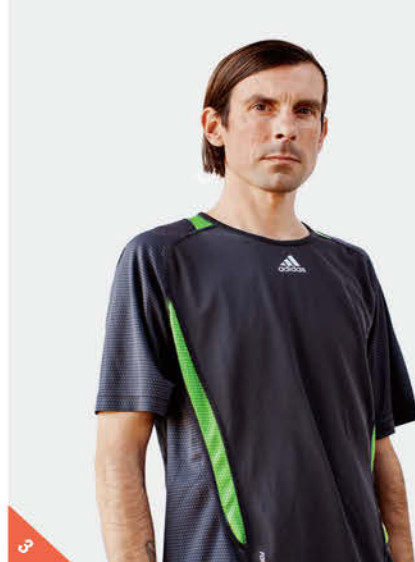
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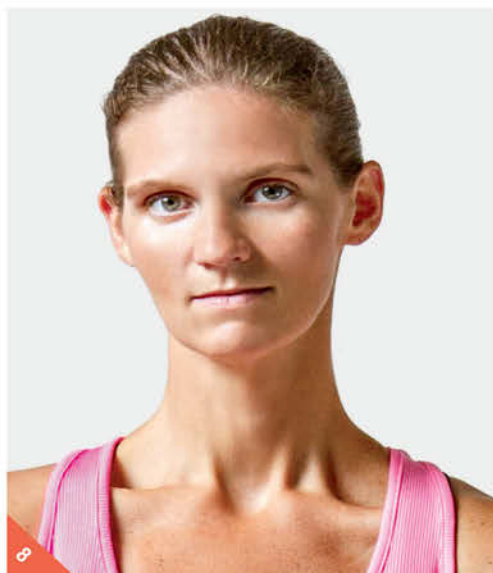
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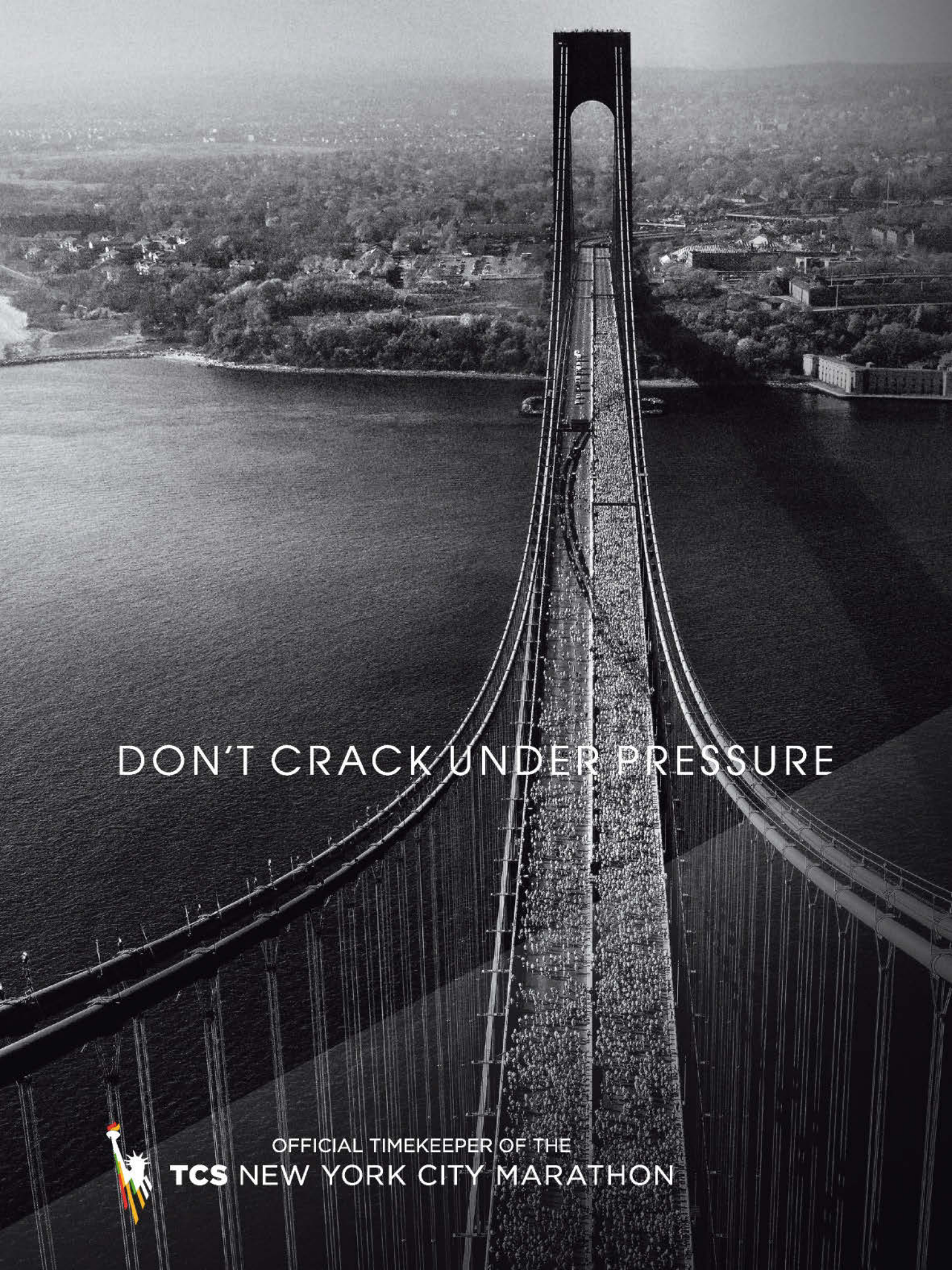


FROM CHALLENGE TO TRIUMPH

2014 RUNNER'S WORLD COVER CONTEST FINALISTS

1 ANDREW PETERSON Special Olympian **2 MO DIXON** Heart Attack Survivor **3 SCOTT SPITZ** Outrunning Cancer (**CO-WINNER**)
4 SABRINA WALKER Beating CF and Cancer **5 JILLIAN CAMPREGHER** Traded DUIs for PRs **6 CORY SCHEER** 12 Marathons in 12 Months
7 EDWARD LYCHIK Afghanistan War Vet **8 MICHELE ELBERTSON** Lost 268 Pounds **9 RUSTY FUNK** Super Fund-Raiser



An aerial, black and white photograph of the Manhattan Bridge, viewed from above. The bridge deck is packed with thousands of runners, appearing as a dense, textured line of small figures. The bridge's iconic towers and suspension cables are visible, framing the central path of runners. The surrounding landscape includes the East River, green parkland with trees, and some urban buildings in the distance.

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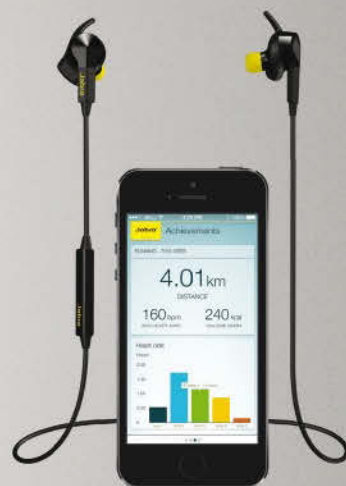
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S4 THE WRITER RUNNER

Running, in the haunted stories of Jamie Quatro, is both terrifying and transcendent. Redemption is hard-won, and rare. Yet in her words there is also healing on hand, as the writer we sent to profile her discovered. BY MICHAEL HEALD

PLUS: An excerpt from Quatro's short story "Ladies and Gentlemen of the Pavement."

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67 RW COVER CONTEST

REAL RUNNERS, AMAZING STORIES

Thousands of you entered. Now, meet our 10 finalists—and two winners who moved us most.

BY TISH HAMILTON

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THE YEAR IN RUNNING

The newsmaking stories, record-setting runners, and innovative trends that defined our sport in 2014.

BY NICK WELDON

93 RW TESTED

WINTER SHOE GUIDE

We pounded and prodded the season's best new models and found 12 that offer an awesome ride.

BY WARREN GREENE AND
MARTYN SHORTEN, PH.D.



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BY LAUREN FLESHMAN
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"What she's doing is unconventional, and has its critics," says elite runner Phoebe Wright of Vessey's runway-worthy racing attire. "But people are noticing not just her, but the sport, too. Heck, I'm excited to see what she's going to wear next. Her outfits are hot! She's making track sexier!"



Just avoid these seasonal saboteurs, says nutritionist Liz Applegate: Eggnog (345 calories per eight-ounce cup); cheesecake (one slice delivers twice your daily limit of saturated fat); and peppermint hot chocolate (a "disastrous sugar and fat bomb.")

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MERRY SLIDESHOW

Turns out, race medals (and bibs and shoes) make perfect tree ornaments. Find photos of readers' running-inspired holiday decor at runnersworld.com/holidaydecorations.

TRAINING VIDEO

It can take a long time to rehab shin splints. So the best course of action is to avoid them in the first place! Find out how on page 60, then watch the routine at runnersworld.com/shinguards.



ZELLE: COME VISIT!

Our new site for women runners is now live at rwzelle.com. We've got inspiring profiles of Olympians, an 80-year-old who started running at age 74, and runners just like you. You'll also find stylish yet functional gear, photos that embrace the race face, and more. Follow @RWZelle on Twitter and Instagram and visit Facebook to join the conversation.



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Go Further

ALBUQUERQUE, NEW MEXICO

PHOTOGRAPHER/ RUNNER

Kevin Lange

THE EXPERIENCE

Trail #365 is a 13-mile out-and-back, one of a web of narrow trails within the Elena Gallegos Open Space that skirt and climb the Sandia Mountains. "It's a refuge," says Lange of the 640-acre landscape. Save for a passing roadrunner or rabbit, he says, the high desert is a place of "absolute solitude."

FAST FACT

The name of the often pinkish peaks, some of which top 10,000 feet, is Spanish for "watermelon."

LOCAL FARE

Lange recommends El Patio in downtown Albuquerque for an avocado burrito and chile relleno topped with green chile sauce.

PHOTO OP

Lange's self-portraits required 20 minutes, about 300 photos taken in bursts with a timer, and "pretty intense" sprint intervals. "I used a central composition to exaggerate the sky because it's an important part of the experience," says Lange.

RACE NEARBY

**Sandia Mountain
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presented by Sierra Nevada Corporation
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Disney Princess Half Marathon Weekend
presented by Children's Miracle Network Hospitals
February 18-21, 2016 Registration opens July 14, 2015

Tinker Bell Half Marathon Weekend
presented by PANDORA Jewelry
May 5-8, 2016 Registration opens August 11, 2015

All information subject to change. All races subject to age eligibility requirements and capacity limits.

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WINNING STORIES



IN OCTOBER, 5,000 people took part in the Runner's World Half & Festival in Bethlehem, Pennsylvania. As usual, I started the half-marathon in last place, stepping across the timing mat on a raw and windy Sunday morning to spend some time at the back of the pack, making my way forward to meet and encourage as many runners as possible.

Around mile two, I met a woman named Madeline who, nine years ago to the day, had a brain tumor removed. She was celebrating the anniversary (and the fact that she's been cancer-free since) by donning shorts and compression socks and going 13.1 miles with editors and fellow readers of her favorite magazine. Perhaps you've noticed this—the great stories that surround us, hidden until you strike up a conversation. I'm continually amazed by our readers, by how many of you have accomplished remarkable things through running. That's why we launched our first-ever cover contest over the summer, to collect

as many stories as possible—your stories—for this special issue.

Judging the contest, along with Executive Editor Tish Hamilton and Chief Running Officer Bart Yasso, was one of the hardest—and most inspiring—editing jobs I've ever done. Our seemingly impossible task: Choose 10 finalists and two winners (one male, one female) from more than 2,300 entrants (see a breakdown on page 18). They all were asked how they started running, what accomplishment they are most proud of, and why running is important to them. They were also asked to describe themselves in one word. Those words accompany the profiles of our 10 finalists (page 67), but they scarcely begin to convey what these runners have overcome. They have beaten disease and addiction, rebuilt their lives after losing hundreds of pounds or surviving near-death traumas, and achieved goals they never thought were possible. They love running in a way that is infectious and permanent. In fact, they all feel they owe a debt to running for what it has given them.

After weeks of reviewing the entries, Tish, Bart, and I interviewed the finalists by phone, and our somewhat abstract undertaking became deeply personal. On the day we called Scott Spitz, he was in the hospital after undergoing his second surgery to have abdominal tumors removed. He'd intrigued us partly because of the photo he'd submitted, a self-portrait with his face half-hidden by a feather. He told us he'd taken it the day before his recent surgery on his favorite trail, and that running there made him feel more connected to the natural world. His cancer is pernicious—his doctors didn't think he'd survive long past his first surgery. But Scott, a dedicated runner with a 2:25 marathon

A few lesser-known stories from the RW Half & Festival:



Won the mile Dog Run (in 5:30ish!).



Finished last. "Mom" is RW's Lori Adams (who ran 1:45 in the half).



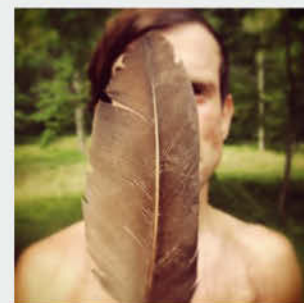
Carried the flag for kilted Team Red, White & Blue.



Got engaged after finishing the 10-K.



Ran the half together. She asked me, "Does this make my butt look big?"



Scott Spitz's entry photo. Far left: Proud finishers of the RW Kids Run.

PR, has run throughout his recovery. "I literally feel like I may be saving my own life," he said. When we called a few weeks later to tell him he was one of our winners, he was back home, off pain meds, and doing "shockingly well."

The first time we spoke to Christina Lee, she was in Iowa, en route from New York City to San Francisco—on foot. She was running 30 miles a day, pushing her supplies in a jogging stroller. Six years after suffering a traumatic brain injury, she decided to do this to raise \$100,000 for the Navy SEAL Foundation. Did she know someone in the SEALs? No. She simply believed it was an important cause. When we called her to tell her that she, too, was a winner, she was in Nebraska. Somewhere along her journey, the wheel on her 70-pound stroller had broken, so she carried it until her arms tired, and then taped the rig to her shoulders and pulled it. Rest days? She uses those to work on her Rhodes Scholarship application. We became convinced that there is nothing this woman, who's all of 23, cannot accomplish. "I'm doing a happy dance!" she said when she heard our news. "But I don't have the words to describe what it means to me."

Bart had put it perfectly during our deliberations: "There are no losers, but there have to be winners." We hope we've done all the entrants justice and that you're as inspired by your fellow runners as we are.

And yes, we'll be doing this again next year.

DAVID WILLEY
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THE INBOX

DARK TIMES

"Seeing the Light" (*The Newbie Chronicles*, October) made me want to buy a headlamp and return to night running. But then I thought, *Oh yeah, I don't run at night anymore*. Not because of traffic, but because of people who may want to harm me. Unfortunately, it's a woman's paradigm that we must always consider personal safety.

POLLY MOSS, VIA E-MAIL

LASTING IMPRESSION

I loved the article on Deena Kastor ("A Good Long Run," October). There are a few elites who have left their marks on me, not only with their running, but also with their lifestyles and contribution to women's racing—Deena is one of them.

MAGGIE FILLMORE, VIA E-MAIL

PEER REVIEW

The new design looks neat, but I can barely read it! I know lots of time and thought went into it, and I hate to say anything negative about my favorite magazine. But I bet I'm not the only one in the above-70 age bracket. We may still be running, but our eyesight isn't what it used to be!

MICHAEELEN LEE, VIA E-MAIL

EDITOR'S NOTE: *We appreciate the feedback, Michaeleen. This was the most common complaint we got, so we've boosted the font size in many spots throughout the magazine. We hope you squint no more!*

CORRECTION: On page 75 of "What Will It Take to Run a 2-Hour Marathon?" (November), we mislabeled the Y-axis of the two graphics. They should read: Oxygen (Liters Per Kg).

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of RUNNER'S WORLD and may be published in any medium and for any use worldwide.

For some runners, night running is unavoidable. We asked our followers on social media how they stay safe:

Tonya Loughlin Pettaway: "Headlamp and blinking clip-on light so cars can see me. Pepper spray for peace of mind."



@VikkiScuro: "I run with my dog and use a light-up leash!"



Rachel Luebbert Bollinger: "Knuckle lights!"



New York City-based photographer Henry Hung shot our contest winners, Scott Spitz and Christina Lee (above), who each grace their own cover and are profiled starting on page 67. Hung shot Spitz at the Indiana Museum of Art's 100 Acres Park in Indianapolis and Lee in Omaha, Nebraska.

THE GALLERY

#RWWHYIRUN

This month, readers sent us pics of what gets them out the door. Next up? Your most prized running possession. Tag it #RWKeepsake.



@grantstrungnell, South Africa
"She beats me every time."



@wholemebestme, Chicago
"Race day adrenaline!"



@alainacase, Lakewood, Colorado
"Sunset runs."



@bigeasykenyons, New Orleans
"The rain makes me feel like a kid."

THE COVER

BY THE NUMBERS

Soliciting and sifting through submissions for our cover contest generated plenty of data. Here's a breakdown:

2,341

Number of submissions

86

AGE OF OLDEST ENTRANT

61

Percentage of total entrants who were age 18 to 34

46

Percentage who were female

200

Number of countries from which people voted

560,433

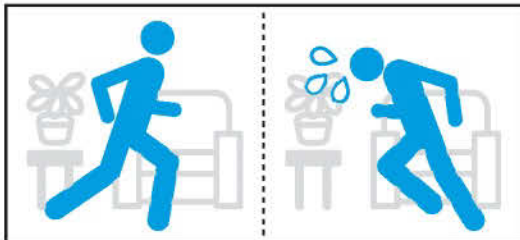
VOTES CAST

TWELVE

Age of youngest entrant, Ben Baltz, who lost his lower right leg to bone cancer at age 6 and now competes in triathlons

THE QUESTION

f WHAT'S THE CRAZIEST THING YOU'VE DONE TO KEEP UP A RUN STREAK?



"Ran 200-plus laps in my 20-foot-long living room."

—Chadd Balbi

"I ran a mile 15 minutes after getting home from getting my wisdom teeth pulled." —Lora Mays

"Ran a mile in a parking lot near the highway at 11:30 p.m. Up a row, down a row..." —Joan Said

"I hit the treadmill at 11:54 p.m. in pajama pants." —Nathan P. Woolery

"At a restaurant, I ordered my food and then ran my mile while we waited for it!" —Amanda King

"I ran up and down an empty airport terminal." —Kennedy Rude

"During a storm, I put on my GPS watch and ran 125 times up and down our hallway to get my mile in!"

—Connie Ohlsen Heitz

"Ran in a -29-degree windchill!" —Juli Georgian Mork

THE DEEP TWEET

"THE RUNNERS ARE TOUGH IN THESE PARTS."

—@ckraft, RW Deputy Editor, Digital



THE LATEST

Deena Kastor ("A Good Long Run," October) set a masters world record at September's Rock 'n' Roll Philadelphia Half-Marathon (1:09:36). She notched the 15-K (49:03), 10-mile (52:41), and 20-K (1:05:52) masters marks, too.



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HUMAN()RACE

NEWS, TRENDS, *and* REGULAR RUNNERS *doing* AMAZING THINGS

PRETTY FAST

A fashion-forward runner brings flash to the track.

Maggie Vessey is redefining performance wear—one strappy number at a time. When New Balance didn't renew the middle-distance runner's contract last December, Vessey decided to make her own mark. No longer required to wear the brand's standard race kit, she collaborated with fashion designer Merlin Castell to create nine original outfits, which she wore in several high-profile track meets. "I do want to draw attention to the sport," says the 32-year-old, who lives in Beverly Hills. "But what I wear is a very authentic expression of who I am. I see it as an art."

Vessey isn't the first track star to make a fashion statement. Gold medalist Florence Griffith Joyner, a.k.a. Flo Jo, was known in the 1980s for her flamboyant race attire, which often featured bright colors, wild prints, and one-legged designs (plus epic fingernails).

While Vessey is enjoying her independence, she says she is in talks with potential sponsors. Just don't expect her to adhere to a dress code. "I'd like to partner with someone who shares my vision and allows my creativity to flow," she says.

Check out a "look book" of her collection on the next page.

Beyoncé inspired this black kit, which Vessey wore for the 800 meters at the IAAF Brussels Diamond League meet in September. She ran 2:01.92 for 8th place.



Fastinista Vessey



▲ HAWAIIAN FLORAL

For Maui's Front Street Mile in September, where she placed third in 4:47, Vessey's goal was to "pay homage to Hawaii without being obvious—no hibiscus flowers. I wanted to do a bustier, and this race seemed like the perfect opportunity. Finding the right fabric took hours of shopping. The print was so important—it had to play on such a small piece of real estate. But the material also had to be good to run in."



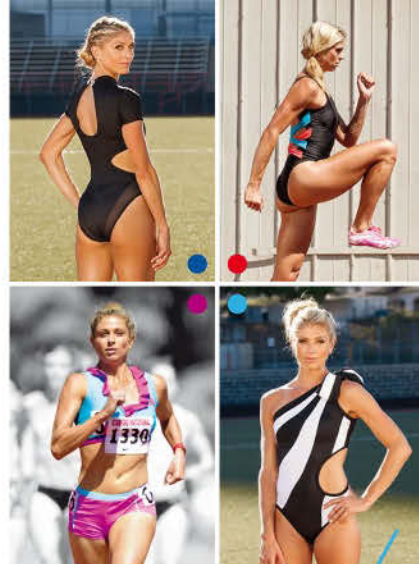
▲ NAVAJO TRIBUTE

Vessey wore this Navajo-print kit for the Prefontaine Classic in May, where she placed second in the 800 meters, in 2:00.48. "I love Native American history. I custom-made this print. Getting each triangle correct was a painstaking process. I thought it would be interesting because you don't see long sleeves on the track. The electric-blue piping made a bold statement."



SKETCH TO STARTING LINE

Vessey draws an idea for an outfit (from top) and presents it to her designer, Merlin Castell. The duo shops for fabric, Castell stitches it together, and then Vessey accessorizes (hoop earrings and aviator shades completed this look). Initially, Vessey wouldn't run in the creation until race day. A few wardrobe malfunctions (wedgies!) made her realize the value of trial runs. "Practicing in them is important so I can make modifications," says Vessey, who wore this for the USATF Championships 800-meter finals in June. She placed 4th in 2:00.17.



● BLACK HIGH-NECK

"As soon as I came out of the blocks, the fabric crept up three inches. At the first curve, I thought, *Should I adjust this?* I ignored it, dug in, and won the 400-meter race and set a PR of 52.82."



● RUFFLED TOP

"This was my first design. I'd improve upon the colors. I think they could be more sophisticated."

● COLORFUL BACK

"I realized spectators spend a lot of time watching athletes' backs. That inspired me to put colorful straps on the back of this one-piece."



● STRIPES

"This race was at night, so I went with an evening-wear look. I tried to make my hair look elegant."

● PURPLE TWO-PIECE

"This was more traditional, but we had fun with the neckline. I like any outfit paired with pink shoes."

—MEGAN HETZEL



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**MSRP excludes destination and delivery charges, tax, title, and registration fees. Retailer sets actual price. 2015 Subaru Legacy 2.5i Limited pictured has an MSRP of \$28,690.



Runners who inspire us



CAROL BINGLEY
Getting shoes to needy kids

In Rockford, Illinois, more than 1,000 underprivileged children have received a new pair of running shoes, thanks to Bingley. "Some kids have only flip-flops or shoes that are a few sizes too small," says the 47-year-old graphic designer and mother of three. "They couldn't participate in phys-ed class." In 2008 Bingley launched her program, Annie's Locker, named for a friend and fellow runner who died from cancer. Annie's Locker also grants race sponsorships to runners who can't afford entry fees. "It's a powerful thing to watch someone gain confidence and accomplish a goal." —GAIL KISLEVITZ



JOE McCONAUGHY
Trail blazer

In August, McConaughy became the fastest person to complete the Pacific Crest Trail, which runs from Mexico to Canada. McConaughy, 23, covered the 2,663-mile trek in just over 53 days, averaging 49.8 miles a day. He beat the previous record by almost a week. On the trek, he endured 105-degree heat in the Mojave Desert and subfreezing temps in mountains, 23 falls, and encounters with bears, rattlesnakes, and two startled porcupines. The recent Boston College grad raised \$32,000 for CancerCare. He easily surpassed the longest race he'd ever run: a 10-K. —BOB COOPER

RUNNER BY THE NUMBERS

JON SUTHERLAND

64, WEST HILLS, CALIFORNIA

Sutherland, a former rock journalist, went for a run on May 26, 1969—and kept on rolling. And 45 years later, on May 27 of this year, the cross-country coach in Sherman Oaks, California, broke the U.S. record for longest active running streak. "My favorite quote is from Metallica's James Hetfield," Sutherland says. "When asked when the band would end, he said, 'I don't see any stop signs.'" —McKENZIE MAXSON AND KATHERINE DEMPSEY



187,117 MILES LOGGED DURING HIS STREAK, ENOUGH TO CIRCLE EARTH SEVEN TIMES.

325

Races won out of the 615 entered. Distances ranged from a mile to 15-K.

SIX

TIMES HIS NOTRE DAME HIGH SCHOOL CROSS-COUNTRY TEAM HAS MADE THE CALIF. STATE MEET IN THE LAST 8 YEARS.



Broken bones suffered during the streak, the worst of which was a pelvic avulsion fracture in 1988. He's run through them all.

47

RUNNING JOURNALS KEPT, ABOUT ONE FOR EACH YEAR SINCE HE BEGAN RUNNING.

1976

THE YEAR HE STARTED RUNNING EXCLUSIVELY IN A JERSEY BEARING THE LOGO OF HIS FAVORITE BAND, THIN LIZZY. HE STOPPED WEARING IT WHEN THEY BROKE UP IN 1984.

ONE HUNDRED

Miles averaged per week between 1968 and 1987, his highest-volume years.

3

THE NUMBER OF 200-METER REPS HE RAN ONCE IN 1972, THE TOUGHEST WORKOUT HE'S EVER DONE.

16,564

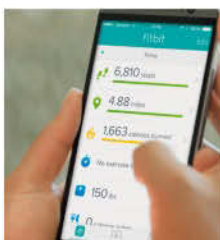
CONSECUTIVE DAYS HE'S RUN (AS OF PRESS TIME).

179

THE MOST ROCK CONCERTS SUTHERLAND ATTENDED WITHIN A SINGLE YEAR (1991) DURING HIS CAREER IN THE MUSIC INDUSTRY.

Sutherland with cross-country runners he coaches





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DISTANCE,
CALORIES
BURNED



STAIRS
CLIMBED



MONITOR
SLEEP



CALLER
ID



MOBILE
RUN



SYNCS
WIRELESSLY

 fitbit.



GOOD TO GU

A former Olympian runs a sports nutrition lab.

➔ **As a runner** Magdalena Lewy Boulet is perhaps best known for boldly leading the 2008 Olympic Marathon Trials before being caught by Deena Kastor at mile 23. (She finished second, making the team.) She has been a top U.S. marathoner for more than a decade (with a 2:26 PR), and in the last few years she has shifted her focus to ultras, most recently winning the Overlook Endurance Runs 50-K in September. But that's just in her spare time. Lewy Boulet, 41, is vice president of innovation, research, and development at GU Energy Labs. She was first hired by the company as a

part-time research associate in 1999, fresh out of UC Berkeley. But she left GU in 2007 to focus on a competitive running career. Now she oversees GU's Athlete's Kitchen, where she invents new recipes and improves old ones. To fit it all in—the job, the training, the family (she's also a mom)—she often sneaks in miles by commuting on foot the five-plus miles to (and from) the lab, testing GU products along the way. It also helps that her husband, Richie, owns the running store in town. Says Lewy Boulet: "We truly live the life." —MCKENZIE MAXSON

CHANGE
OF PACE



**MAGDALENA
LEWY BOULET**

AGE 41

RESIDES OAKLAND,
CALIFORNIA

CLAIM TO FAME LEADING
2008 OLYMPIC MARATHON
TRIALS FOR 23 MILES

CURRENTLY VP OF
INNOVATION, RESEARCH,
AND DEVELOPMENT
AT GU ENERGY LABS



TASTE MAKER
**HOW TWO FLAVORS
CAME TO LIFE**

Salted Watermelon

In 2013, Lewy Boulet wanted to create a splashy flavor for GU's new partnership with the Rock 'n' Roll series. "I love snacking on watermelon with a dash of salt," she says. After prepping a bowl for CEO Brian Vaughan, she got the green light to create the flavor.

Root Beer

Ultrarunner Max King told Lewy Boulet he craves root beer during long runs. After King tested a small batch that Lewy Boulet custom-made for him (crafted with a blend of spices, including wintergreen, clove, anise, and ginger), GU's fans on Facebook endorsed the idea, and Root Beer launched in August.

GU to Gut
LEWY BOULET BREAKS
DOWN THE SCIENCE

Ingestion

"The enzyme amylase in our saliva facilitates the breakdown of maltodextrin, a sugar."

Digestion

"In the stomach, gastric juices mix with GU before it moves on to the small intestine. Here, enzymes break down the maltodextrin into disaccharides and then monosaccharides—single units of glucose."



Absorption

"Sodium in GU helps glucose pass through the small intestine's walls and into the bloodstream. From there, it can be used as energy instantly by your muscles. Another ingredient, branched-chain amino acids, can be used as fuel in muscles or sent to the brain, where they can lower feelings of fatigue."

"The fructose in GU, meanwhile, is metabolized in the liver. The combination of two different sugars—fructose and glucose—allows you to exercise at a higher intensity and slow down less compared with an athlete consuming only one type of sugar; the glucose and fructose in GU are formulated to work together to help you maintain energy over a 45-minute period."



Lewy Boulet's day is split between the lab (top), office (right), home (with husband and nine-year-old son, above), and trail (left).



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The Newbie Chronicles

BY MARC PARENT



GOOD STUFF

Sometimes it's the difference between merely looking like a runner and becoming one

There once was a footstool you could buy that was meticulously designed to do only one thing. It was just the right size, the right height, and the right angle to “optimize” breastfeeding. Or so the manufacturer claimed. After having a baby, the woman was supposed to do what women have always done, but with the stool she could prop one foot at an angle and distance from the floor that would somehow maximize flow, I guess. As my wife began her ninth month of pregnancy for our first child, I decided we had to have one. The responsibility of new parenthood loomed large, and neither of us felt up to the task. And here was a little stool that would help feed the baby—I didn’t know how, but it was solid maple with a dermatologically certified, clear satin stain, so what did it matter? Any discharge nurse who questioned our readiness to care for a newborn would have to reconcile that concern against the fact that we’d bought an ugly, overpriced breastfeeding stool. We might be as dumb as they come, but at least we were trying. ¶ When you don’t know what you’re doing, you buy objects that make you look like you know what you’re doing. My guess is the breastfeeding-stool market as well as the markets for SUV-

rated strollers, baby-genius audio programs, and Swedish wooden toys are almost entirely made up of first-time parents who are trying to convince themselves they aren’t completely out of their depth. It’s a superficial grab at competence—a license to practice written on cash-register tape, and as far as I’m concerned, there’s nothing wrong with it. When you’re about to start something difficult, important, and new, whether it be new parenthood or a new running habit, believing you can do so is the critical first step. How you get there is no one’s business but your own.

The whole truth is this: You don’t need anything but your own two legs to run. You don’t even need shoes, according to some people. You need clothes, of course, but not necessarily running clothes. I knew a former Marine who was a very good runner who ran in khakis or corduroys, depending on the season. But we’re not all former Marines. There are people who say running gear is for fakers, but I’m not afraid of them. Show me a running purist who eschews all gear, and I’ll show you someone who is either very fast, very experienced, or so attractive he couldn’t look ridiculous if he rode a donkey. I can look ridiculous just drinking coffee. Looking ridiculous is a special talent I was born with that reaches full bloom when I start running. Don’t judge me. When I head out the door, I wear a chunky, tactical GPS watch to log my miles and monitor my pace. Because running is hard and a big black watch makes me happy.

The running market is replete with gear designed to make you feel like an athlete more than actually help you become one. But wouldn’t it be nice if the stuff that made you feel like a runner also helped you become one? Some of the things I’ve used have done that. Not everything I bought was an embarrassment and a waste of money. I have things that have kept me safer, happier, and healthier while

I love my Garmin so much I would marry it if I hadn't already married my shoes.

running—gear that has kept me interested, kept me in the game, and stood the test of time.

Shoes I took my first run in snow boots and quit during the first mile because I could no longer feel the soles of my feet. We've all been taught that "stupid" is a bad word, but that's true only when describing anything other than taking your first run in boots. My first pair of running shoes cost \$100, which was not something I'd spend on an activity I planned to quit. That first pair kept me committed through the critical first months when a running routine is easiest to abandon. Years later, after trying many kinds of shoes, I've settled on the Asics Gel-Kinsei. We're married now.

Jacket What would I do with a giant pile of money? After supplying vaccinations and mosquito nets to all developing nations, I would buy every runner a Nike Flash jacket. No borderline-useless collection of reflective accents here—the Flash is solid, 360-degree, proprietary reflective material from the chest down and blindingly bright in car headlights. I ran without one on dark, country roads for far too long.

GPS No other piece of gear has made running as flat-out exciting for as long as the dependable Garmin 405 watch with wireless HR monitor. I bought my first one after I'd been running a little over a year. Today I use a Garmin Tactix, which has among its plethora of options a "Jumpmaster" mode that will help me navigate to a drop point should I ever skydive out of the back of military aircraft. I love it so much I would marry it if I hadn't already married my shoes.

Cross-training I've injured myself both while running and while not running. As anyone knows, what's almost more aggravating than the injury itself is falling out of shape as you wait to get better. I find biking

a frustrating alternative to the quick, strenuous exertion of a run. Unless you can find hills to pedal up and not coast down, it can take hours to achieve the workout you can get in a 20-minute run. Several years ago, I tried an ElliptiGo "bike"—essentially an elliptical machine on two wheels that's far easier to work up sweat with than a standard bike. And it's superfun to use. It's as close to running without actual running as

you can get. I keep mine in the back of the garage like a fire extinguisher. It's there if I need it.

Accessories I've worn the same Brooks gloves for five years because they're durable and because they have magnets on the cuffs so I can stick them to the back of the dryer and not lose them.

Neutrogena Sport is the only sunscreen I've ever used that doesn't sweat into my eyes. The Petzl Tikka RXP headlamp is tiny and light and uses "reactive light technology" to automatically adjust brightness depending on whether you're looking at objects near or far. Mitscoots makes a terrific-looking, American-made performance running sock called the Margaret, employs homeless men and women, and gives one pair to a person in need for every pair they sell. And finally, I've worn the same pair of Saucony shorts for every other run since I began. They're made of better stuff than I am—they still look new.

If you need pricey aftermarket "running laces," edible neon-colored energy cubes, or any other gizmo to validate a new running habit, go boldly forth and explore the possibilities with the freedom of knowing that whatever you happen to buy, it will never be more expensive and more unnecessary than a piece of furniture designed to leverage breast milk. 

You can find more of the Newbie's exploits and musings on runnersworld.com/newbie.

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BACK STORY

HARVEY SWEETLAND LEWIS

38, CINCINNATI

The high school social studies teacher won the 2014 Badwater Ultramarathon, placed second at the 24-hour national championships, and will run the Arrowhead 135 in Minnesota in January.

—NICK WELDON

EARLY STRUGGLES

I was an overweight kid. Then I got into biking and hiking and joined the track team in eighth grade.

INTERNAL MEDICINE

I did my first ultra—82 miles at a 24-hour race—two months after my son was born in 1996. I was 20, a young parent, and my mother had had a stroke one year prior. I needed a positive outlet where I could calm the waters. That race was a big deal to me.

ON THE GO

I multitask to get in 100 miles a week. I run to the post office. I run my three-mile commute to work. I'll train at midnight or 4 a.m.

FUEL BOOST

At Badwater, because of the heat, all of my calories were liquids—mostly Clif Shot drinks. But one of the greatest secrets in the world is Coca-Cola. It's jet fuel.

MINTY FRESH

I brush my teeth during races 12 hours or longer. It's rejuvenating.

WORTH THE WAIT

I listen to soundtracks: *Gladiator*, *Rocky*, *Star Wars*. But never for the full race. I'll use it as motivation: After eight hours, I get my iPod.

FIELDWORK

I love running historic routes. I'll incorporate them into lesson plans. I did Gandhi's Salt March, 242 miles, in 2008.

SIDE JOB

I launched RunQuest Travel to help runners explore amazing places. This year, I took eight to Portugal.

TOUGH GUY

I broke my neck in a car wreck in 2004. Three months later, I ran a 4:27 marathon.

THE GOAL

To run a marathon in half the time of my first marathon of 5:10. My PR is 2:46; I need 2:35.



THE 24-HOUR EXPERIENCE



HOW HE FEELS

HOURS 0 TO 4

"You feel like you could run all day."

HOURS 4 TO 8

"You're like, *What the hell am I doing?*"

HOURS 8 TO 12

"High highs, low lows. It's a Pink Floyd mind trip."

HOURS 12 TO 18

"Your mind goes into a subconscious state; it's a primal trance."

HOURS 18 TO 24

"When the sun rises in the last six hours, you come alive again. You feel a jolt of energy."

HOW HE EATS

Lewis usually snacks throughout 24-hour races on such foods as:

- Mashed potatoes
- Bagels
- Chocolate-chip cookies
- Pretzels
- Potato chips
- Cheese pizza
- Avocado sandwiches
- Macaroni and cheese

HOW HE STAYS LOOSE

Lewis does yoga during races. At mile 88 of Badwater, his team put down a mat so he could do child's pose.

THE INTERSECTION

Where running and culture collide



The Coast Guard has to rescue Reza Baluchi 70 nautical miles from St. Augustine, Florida, after Baluchi fails to run from Miami to Bermuda in a plastic "hydro pod."



Texas Gov Rick Perry talks running—rather, his lack of it—during a visit to a NY Runner's Edge store on a campaign stop.



Top-ranking tennis player launches The Serena Williams Ultimate Run South Beach—a 5-K and "quarter marathon"—to be held Dec. 14 in Miami.



Boston native Casey Affleck will produce and star in *Boston Strong*, a film about the 2013 marathon bombings.



Actors Jon Cryer, Teri Hatcher (above), and Max Greenfield help raise \$1.35 million for cancer research at the Nautica Malibu Triathlon.



Double-amputee war-vet marathoner (and ultimate *Men's Health* guy) Noah Galloway gives motivational speech to pro golfers at the Ryder Cup.



Hillary Clinton receives Nike Frees as a gift at a Vegas event, perhaps so she can sprint from shoe hurlers (she had an encounter with one in April).

New Balance debuts running shoes made from 70% all-American materials, including leather from a Chicago tannery. The cost: \$350 (also American).



Shia LaBeouf runs 144 laps around an Amsterdam art museum. The actor reportedly logged 26.8 miles in what he dubbed #metamarathon.



British comedians Steve Coogan and Rob Brydon star as food critics in a new film, in which they discuss eating Mo Farah's leg.



Jimmy Fallon on marathon world record holder Dennis Kimetto: "He also set another record, for being the first guy from Kenya to be named Dennis."



Usain Bolt celebrates Oktoberfest in Munich clad in lederhosen. Prost!

In the middle of a *Late Show with David Letterman* appearance, Bill Murray decides to hit the street in a tux to "train" for the NYC Marathon.



MOMENTOUS

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GO!

FRIVOLOUS

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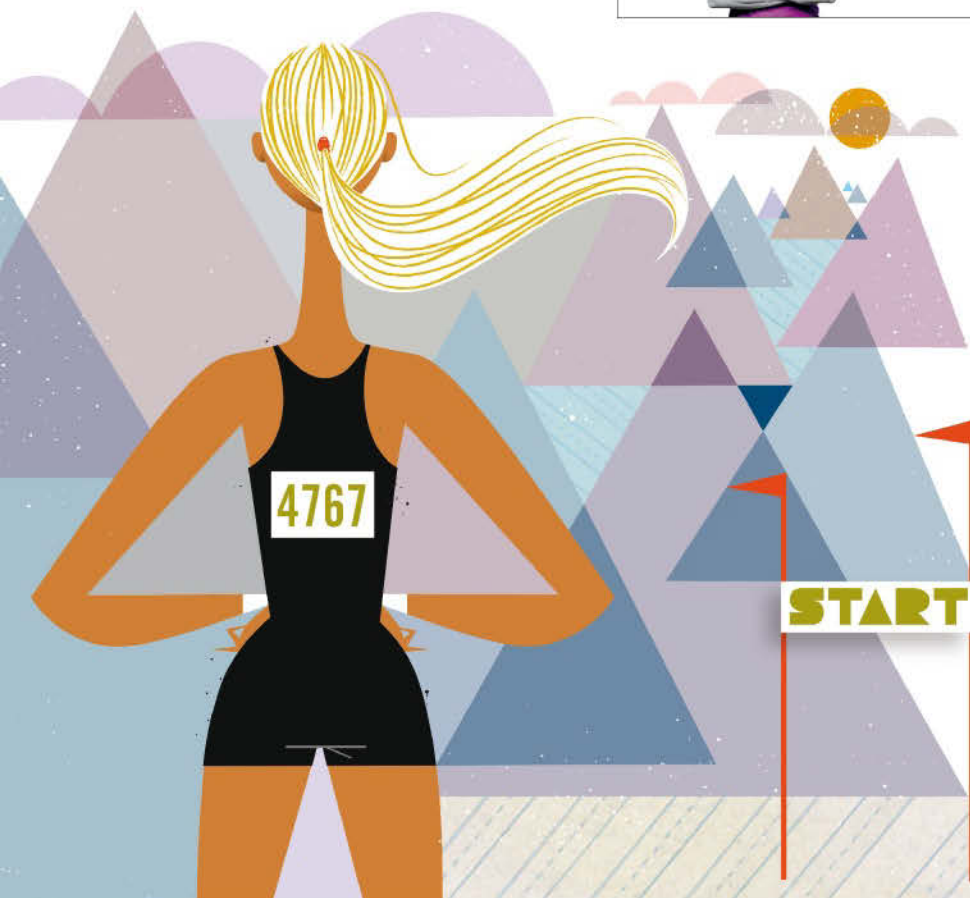
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The Fast Life

BY LAUREN FLESHMAN



THE AWESOME PROJECT

After a pro runner takes it easy for a postbaby year, she must decide whether to return to badassery.

Sometimes a good friend tells you what you don't want to hear, and it makes you want to punch him in the face. ¶ I was a few days into my season break, the rubber on my running shoes still warm and my frantic mind (for once) drifting no further than the pinot noir and chocolate in front of my face, when my friend—let's call him Bob—lifted his chin and narrowed his eyes to get a read on me from across the table. ¶ "This might piss you off, but I'm just going to say it because somebody needs to be the one to say it." ¶ Oh, boy [*slugging pinot*]. "Okay, go for it," I said. ¶ "When does hard-core 'Lauren Fleshman the pro athlete' come back? I mean, I get it, you wanted to take the first year postbaby to work your way back gradually, but now you have all this extra stuff in your life, and you know as well as I do you can't be world-class doing that. I know

you don't want to be a monk, but you're still going to have to cut things way back. Ditch the extraneous travel. Be selfish. Make some serious changes. When does that happen?"

"Yeah, I know," I said, grudgingly dragging myself up from my chocolate-ingestion position to one more suitable for debate. "October 1 is the start of fall training. I'm just going to need to spend a few weeks reprioritizing. This year was never meant to be

world-class. It was a building year, the 'year of the mom,' and a chance to try some new things, run some recreational races, mix it up with the running community, and zoom out from the pro running scene to refresh and recharge. It's been awesome."

Bob's eyes narrowed even more. "Has it?"

In truth, not all of it was awesome.

While I loved having a broader community focus, testing out new racing distances, writing a book, fangirling my triathlete husband, and mom-ing my baby boy, deep down there was always this gnawing. Every time I toed the starting line, I felt underprepared. I watched races unfold in front of me, powerless to catch up. In the finish area there were women glowing with satisfaction, and others indulging in frustration from a personal goal barely missed. Suddenly I found myself in an unfamiliar group: the "sort of satisfied." All in various states of a comeback, nowhere near our ultimate potential, relieved to be done, and googling "closest pub." I saw countless more of the sort of satisfied. But among them were runners raising their arms in victory, or shedding tears of joy, or embracing other runners in the chute with shoulders shaking—from happiness or disappointment, I could not tell. Either way, they cared. A lot. And I didn't.

"Don't punch me, but I think you should consider retiring from professional sport," Bob said.

Screw you [*slugging pinot*]. "Okay... interesting. Why do you say that?"

"Here's the thing: You don't need to run pro anymore. You've had a great career. You've won national titles and been on world teams, and you've built a brand for yourself and a meaningful connection with the running community independent of your performances. You don't have to sacrifice the other stuff in your life anymore for survival. Your sponsorships are secure. You've started a business that is secure. You've proven there's another

What would my life look like? Pickup soccer games, open-mike night, spontaneous trail races. And yet...



way to do this. You could just keep doing what you've been doing this past year. I just want you to think about it."

[Fighting tears, reassembling brain cells.] "I'll think about it," I said.

I went to bed mad, but why? Nothing Bob said was mean, or untrue, or out of line. It was exactly what I needed to hear. I was mad at myself because I knew that I wouldn't have had the courage to ask myself these difficult questions. I lay there for hours thinking about it.

What the hell do I want?

My reflexive response is

"to be the best," but do

I say that because it's

the most obvious answer?

Because it's what

I know? Because I'm

programmed somehow?

Too many Rocky movies?

Because I'm too chicken

to move on? Addicted to

achievement? Insecure about my life outside of sport? Why do it?

Back in 2012, I tried to make the Olympic team and failed. For the fourth time in a row. An IT-band injury limited my training to 10 miles a week for several months, and the Olympic Trials became something different. Rather than a venue for making an Olympic team, it became a testing ground for courage in the face of adversity. A challenge to show up, even when things are crappy and your dreams are falling apart. Finishing that race in last place was the single proudest moment of my athletic career, and something I never want to experience again. But even after all that, when I picked the pieces back up and laid out a vision for my future, it looked like this:

2013: Have a baby.

2014: Be a mom, expand my athletic experiences, refresh my soul, assemble my support crew.

2015: Gradual return to badassery.

2016: Shock the world.

Now, halfway through this Grand Plan, someone was calling me out on

it. Proposing that I keep 2014 rolling on for a few more years, maybe forever, freeing myself from the shackles of truly elite sport. It was worth considering at the very least. I haven't had a truly great race in more than three years. My life has changed since I made that four-year plan.

I lay there imagining what my life would look like without trying to be my best at running. I liked what I saw. A life with lots of variety, pickup soccer games, playing guitar at open-mike night, spontaneous trail races, family time, and book writing. And yet... the gnawing.

I've spent 12 years as a pro runner learning my trade. I've trained under four coaches, learned from some of the best runners in the world.

I've screwed up countless times and come out the other side with knowledge. I've spent years looking for the magical secrets to performance and pulled the veil off a lot of BS. I cut out unhealthy relationships and built partnerships with new sponsors. I moved to Oregon and busted my ass to create the training environment of my dreams. That takes time. Expertise takes time. I've put in the time.

At 33, I have been tortured by this sport and it has made me. It's as if all my life, the pieces I need to reach my potential have been gravitating toward one another to finally intersect. And now here I am, standing at the top of the luge, with everyone and everything I've ever wanted or needed by my side. I can't stop now. We may crash. We might flip over and burst into flames for all I know. But I earned the chance to find out, and I am going to take it. 

Lauren Fleshman is a pro runner with Oiselle, cofounder of Picky Bars, and coauthor of the recently published *Believe: Training Journal* (Volo Press). For more, go to runnersworld.com/laurenfleshman.

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SCRUFF OF LEGENDS



→ In July, runner and Huffington Post blogger Jason Saltmarsh (left) penned a call-out to male marathoners: Grow facial hair and post social media updates using #MarathonBeard. “I’m expecting to march up to the starting line in New York with a nice, full beard,” says the 44-year-old, who’s aiming for a 3:20. “Something impressive and a little intimidating.” Need some hair-spiration? Here’s a look at some memorable styles. —NICK WELDON



THE HANDLEBAR

Modeled by elite miler Will Leer, it strikes that perfect balance between intimidation and irony.



THE “PRE”

Thick with just enough sculpting to convey a certain vanity—you don’t want to just dominate, you want to look good while you do it.



THE PATRIOT

Frank Shorter’s 1972 gold-medal ’stache announces a sense of duty, a willingness to step up for God and country.



THE MEDALLION

Jamaican sprinter Asafa Powell rocked a blond patch at the 2012 Olympics. But it was a losing look: He left the Games medal-less.



THE MOUNTAIN MAN

The style of ultrarunner Rob Krar evokes a certain wildness without going full-yeti. Follow it (yes, the beard) @RobKransBeard.



THE ROGUE

Named for Rogue Valley Runners shop owner and ultrarunner Hal Koerner, this is for fans of full beards who aren’t afraid of a trimmer.



THE GROWN-UP

The great Edwin Moses was losing a bit on top, but that beard meant business. It let the kids know that they were out of their league.



THE ARCHITECT

There was a wisdom and grace to NYC Marathon cofounder Fred Lebow’s professorial beard. A fitting tribute for those running his race.



THE “RUN, FORREST!”

Advisable only if you’re planning to run across the country.



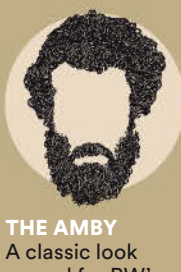
THE SASQUATCH STEAMPUNK

Ultrarunners are known to go to extremes, but Leon Lutz’s style is way out there.



THE DUMBLEDORE

Watch Criss Furman, 67, and his white beard crush an ultra, and tell us you don’t believe in magic.



THE AMBY

A classic look named for RW’s Ambrose Burfoot. Best paired with Lennon glasses to convey confidence and experience.



ASK MILES

He’s been around the block a few times—and he’s got answers.

If I need to make a pit stop midrace, is it reasonable to ask spectators to cut ahead of them in the porta-potty line?

—Megan S., Columbus, Ohio

In general, porta-potty etiquette is simple: You wait your turn. Urgency complicates things. If you really need to go, and if the race clock is ticking, it would be nice if spectators in line deferred to you. But they don’t have to. Put on your most pitiful face, say “please,” and hope for the best.



Before I could shut my eyes, I saw the “medal reveal” for my favorite race on Facebook. I miss the days of not seeing the medal until the finish. Shouldn’t organizers use spoiler alerts?

—Tracy V., Bismarck, ND

Today, everything from movie plot twists to your sister’s lunch is tweeted, Instagrammed, and Facebooked. This is the world we live in. Could race directors try to preserve some of the mystery? Yes. Will they? Probably not.

I’ve run 5 halves & still can’t master the snot rocket. Can I call myself a runner? —@SJR108

Yes, just do it quietly.

Have a question for Miles? E-mail him at askmiles@runnersworld.com and follow @askmiles on Twitter.

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PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG

MERRY AND BRIGHT

'Tis the jolly season, sure, but one with fewer daylight hours for running. Our kindred spirits in Anchorage, for instance, will have only five and a half hours of sunlight in which to log their miles on the winter solstice. Which can be risky. Seventy percent of pedestrian deaths occur in the dark hours between 6 p.m. and 6 a.m., according to the National Highway Traffic Safety Administration. Reason enough to light yourself up with reflective gear. Better still, highlight your swinging limbs with reflective wristbands, knuckles (page 18), ankle bands, and glow-in-the-dark running shoes (page 64). Because car headlights are angled low, it's smart to accentuate the lower leg with reflective athletic socks like these **ICNY Original Dot Socks** with 3M reflective spots (\$34; icnysport.com). Plus, they're the perfect accessory for a Jingle Bell Jog. Cheers!

A REFRESHER COURSE

Change up your routine to recharge your body and mind—while maintaining a baseline of fitness.

By Kelly Bastone

WINTER CAN BE tough for runners. The glut of holiday celebrations and getting-ever-scarcer daylight can derail your training routine. But sticking to a consistent program keeps you fit and energized—and makes injury less likely come spring.

Beth Baker, a coach at Running Evolution in Seattle, says habits are even tougher to regain than fitness. That's why she suggests doing at least three runs per week, supplemented with two to three cross-training or strength workouts. And shifting your focus away from intense running for a short time can pay off long-term. "Running easy allows you to start [your next training cycle] with fresh legs and a better outlook," says Chicago-based coach Brendan Courane.

So go ahead and downshift your running, as long as you stay faithful to a scaled-back routine. Here's how to make that goal a reality.

RENEW YOUR MOTIVATION

Group runs and workout partners can inspire you to lace up your shoes instead of burrowing under the covers. "You'll show up if you know another person is counting on you," says Team Oregon coach Patti Finke. Or join a group challenge, says Baker, who organizes a Seasonal Smackdown every Thanksgiving that challenges participants to rack up

more workouts than competing teams. "People love getting credit and prizes for each run they do, and they feel accountable for their group's success," she says. (See opposite page for free online challenges to join.)

If it takes an upcoming race to get you out the door, sign up for something short, easy, and sensational, like the Santa Hustle (a series of winter 5-Ks and half-marathons held in eight cities, from Maine to California). Runners

Make your runs more interesting by mapping out a new, scenic route.

PHOTOGRAPH BY SARA FOREST

with disposable income might splurge on a winter destination race, such as the Bermuda Triangle Challenge, which offers races of various distances over three days. “It’s a nice incentive,” says Cournane, who leads a group of runners to this sun-drenched extravaganza every January. “Even my marathoners run just the Bermuda half, because the primary goal is to maintain a base.”

FIND YOUR MAGIC TIME

Just because a 5:30 a.m. run worked in July doesn’t mean it’ll still suit you come winter’s dark mornings. Seasonal and schedule changes dictate a fresh strategy-brainstorming session: Take 15 minutes at the start of each week to plan the best days and times for your runs, then identify what you need to make them happen. Do you require support from your spouse or kids? A new headlamp? A route that’s more wind-sheltered or better lit than your go-to summer circuit? “Try to find things in your sched-

ule that are cemented in, and build your runs around them,” says Baker. Morning workouts suit many runners because waking up is one of life’s few constants. If you balk at the idea of first-thing running, look for other anchors: Run right after you take the kids to school, or while your partner cooks dinner. Just be sure to assign your runs specific time slots—otherwise, they’re easily bumped by family shopping trips or spontaneous happy-hour invitations.

REKINDLE THE ROMANCE

If you’ve fallen out of love with running, “make a change somewhere,” says Baker. Mix up your playlist, download a new podcast, or map out a new route. “It’s important to keep your running feeling shiny and new,” she says, because although your body might prefer a familiar routine, your mind loses interest unless you give it something fresh to look forward to.

Motivation can also come from a sense of purpose. “Identify something you

want to run for,” says running coach Krista Austin, who has served as an advisor to Meb Keflezighi, among others. Building speed and endurance may not be enough to make your daily runs feel meaningful (especially for mere mortals who may never qualify for Boston, let alone the Olympics). “But running is about character, not always about setting a new PR,” says Austin. You might dedicate your week’s workouts to an injured friend who can’t run, to your own heart health, or to setting a positive example for your kids.

Runners can even revive their love of the sport by running outdoors in the winter, counterintuitive as that may seem. “You can admire the change of the seasons and the beauty of nature, which is harder to appreciate when you’re absorbed in serious training,” says Cournane. Many winter days actually offer ideal running conditions. And, if you live somewhere that gets very cold or snowy, running in those conditions earns you bragging rights. Says Baker, “Even if you can’t be fast, you can at least be hard-core.” **EW**

Stay motivated with one of these free social fitness challenges.

COACH JENNY’S HOLIDAY CHALLENGE

Ward off holiday weight gain with this free eight-week program, offered from Thanksgiving (November 27) through January. Participants set their own realistic weekly mileage goals and stick to them by posting to Jenny Hadfield’s private Facebook group. Elite fitness not required: Miles can be run or walked, and every 10 minutes of cross-training equals one mile. Hadfield and her “elves” even give away wish-list running gifts every week. jennyhadfield.com/holiday-challenge

NIKE+ CHALLENGES

Once you download the free Nike+ Running App to your smartphone, you can create your own running challenge and invite your friends to participate. The app’s GPS function logs your routes, tracks your mileage, and lets you share photos with your crew. Keep it local and cap the competition with a wacky awards party, or include friends around the world. nikeplus.nike.com

#RWRUNSTREAK

Become a [Runner’s World streaker](#) and commit to running at least one mile per day, every day from Thanksgiving through New Year’s Day. Share your updates on Facebook, Instagram, and Twitter using #RWRunStreak. Upon completion, claim the finisher’s badge and post it on your cubicle, your refrigerator, or your social-media profile. runnersworld.com/runstreak



FOLLOW THE LEADER

Advice from the world’s best runners

DESI LINDEN, 31, of Rochester Hills, Michigan, placed second at the 2011 Boston (2:22:38) and 2012 U.S. Olympic Trials (2:25:55) marathons, and was second American at Boston this year (2:23:54).

GET USED TO IT

“Feeling fatigued during peak marathon training sucks, but it’s the perfect opportunity to simulate the later stages of a race. Marathon training is all about learning how to keep going on tired legs.”

FOCUS ON IT

“I train myself to use visualization and mental cues in races by using those techniques in training. Like physical work, if you don’t practice, you shouldn’t expect results.”

THE WORKOUT

“I run eight to 10 miles with the pace increasing each mile by about 10 seconds, finishing at goal race pace. This practices building into a run and finishing a longer effort strong.”

—BOB COOPER

A LAST HOORAH

Cap off your year with some quick training for one final—and different—event.

By Lisa Marshall

YOU TRAINED for months for your fall goal race, basked in finish-line glory, and now you need to decide: What next? Planning a last hoorah for the season can keep your momentum up through the holidays, and targeting a distance that's different from what you trained for will keep your workouts fresh. Jump up and you can earn the bragging rights of a longer race without starting from square one. Drop down and—with some refining—you may have a shot at a PR, says coach Terrence Mahon, head of the Boston Athletic Association High Performance Team. "There's a lot of anecdotal evidence out there that training for a marathon can end up helping your 5-K," he says.

The hard evidence is there, too: The additional mitochondria, capillaries, and oxygen-carrying capacity built via miles of half-marathon or marathon training translate well to a 5-K or a 10-K, which are both 93 to 97 percent dependent on a strong aerobic engine (while the marathon is 99 percent aerobic). Meanwhile, stronger fast-twitch muscles and improved biomechanics from 5-K or 10-K training can, when paired with a good base, provide an edge in a longer race.

The key, says Denver running coach David Manthey, is to set realistic goals and use your narrow training window to fill in gaps that your goal-race prepping missed. Here's how.



CHOOSE YOUR RACE

It's generally easier to drop down to a shorter race, says Manthey. The trouble is that **the longer the original race, the longer it takes to recover**. The more you trained, and the better you feel afterward, the sooner you can jump in.

Half-marathoners with minimal postrace malaise could start training after a few days and run a 5-K or 10-K in three weeks or less, says Mahon. Marathoners should stick to easy jogs for at least a week before easing into training and wait four to six weeks between races.

Considering a longer distance? **Consult your log to see if you have the necessary base.**

If you trained three months for your 5-K or 10-K, working up to 30 miles per week and at least one eight-miler, you could finish a half-marathon three to four weeks later, says Mahon. However, if your longest run in training for your 5-K was your 5-K, give yourself six weeks and shoot for a 10-K, says Manthey.



ADD SOME SPEED

Half and full marathoners must shift focus to increasing leg turnover, training the body to efficiently burn sugar, and getting used to pushing, says Mahon. To do this, run fast.

After easing back into training, **build two days of speedwork into your mix**: Run eight to twelve 200-meter repeats at 5-K pace with 200 meters recovery. Three days later, run eight to ten 400-meter repeats at 10-K pace with 200 meters recovery.

While you'll train faster for this race, your volume should stay lower, peaking at 30 to 40 percent of what you did for your half-marathon (or 50 to 60 percent of what you did for a marathon), says Manthey. Your "long run" need not exceed eight to 10 miles if dropping down to a 10-K, or five to six miles for a 5-K. If you do a speed session during race week, keep it short and follow with three easy days, says Mahon.



OR BANK SOME DISTANCE

Runners who targeted a 5-K or 10-K don't need much recovery and, barring injury, should be able to jump back into training within a week. When ramping up, you want to teach your body to keep a steady, sustained rhythm over time, says Mahon. To do this, **plan one long-interval workout and one tempo run each week while inching up your long run**.

A well-trained runner moving from 10-K to half-marathon might try three- to four-mile repeats at half-marathon effort with 400 meters recovery. Then, a few days later, run a four- to five-mile tempo run at 15 to 20 seconds slower than your half-marathon pace. The following week, add another mile repeat and a mile to the tempo run.

Work up to a long run of at least 10 miles two weeks before race day, and to a weekly mileage that's five to seven miles longer than the peak week during your 5-K or 10-K training.

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THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



The best way to multitask during this busy time of year? Socialize on the run.

HAPPY RETURNS

Be generous with your miles this holiday season.



Looking to give a gift that improves the health, mood, and energy levels of both you and the recipient? How about some miles? You don't have to be a superfast veteran runner to share your love of getting outside for a little exercise. And during this calorie-laden season, it's a guilt-free way to enjoy time together. Here's how to give your presence to all your running friends.

YOUR NEWBIE PAL

Remember how hard it was to start? Encourage someone new to begin. Start by walking together, increasing to 30 minutes. Then, insert a five-second jog every minute into the 30-minute walk. Every two weeks, you and your new runner may add five seconds more running and

subtract five seconds of walking, as long as there is no huffing and puffing. (If there is, reduce pace and walk more/run less.)

YOUR FAST FRIEND

Runners of all abilities can bond when they run together—you just need to choose the right occasion. Offer to join your faster friend for

the last miles of her long run, or for her cooldown after a hard workout. Or if your friend is recovering from a half or full marathon, suggest meeting up for her first run back.

YOUR CHILD

Family workouts are a great way to stay close during this hectic time, though they needn't be too structured—10 to 15 minutes of chasing your kids around the yard is fine. If, however, your child is interested in joining you on a run, take it easy: Start with a few minutes of walking, then run/walk for five to six minutes (slowing whenever your companion starts breathing heavily), and finish with a walking cooldown. **EW**

You Asked Me Jeff answers your questions.

How can I squeeze in runs on packed days?

Fit them in whenever you're able—while your houseguests are taking showers, your cookies are baking, or your family is watching the holiday special you've seen too many times. And remember: Even 10- to 15-minute runs can help maintain basic conditioning and running adaptations.

What are some good, no-fail gifts for my runner friends?

Think about what you'd like to receive: running books, entry into a fun event, or a gift certificate to your local running store. And no runner can ever have enough pairs of nice, sweat-wicking socks.

The Excuse I'm traveling all day, so I can't exercise.

BEAT IT

Wear workout gear and running shoes. If you're driving, pull off every hour or two and go for a five- to 10-minute walk or run. If you're taking a bus, train, or plane, stand or walk around at least once an hour, and walk while you wait to board or during rest stops or layovers.



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THE FAST LANE

TRAINING ADVICE FOR PEAK PERFORMANCE

BY ALEX HUTCHINSON



Practice running fast on the kind of gnarly terrain you'll likely encounter in endurance events.

longest double four weeks before the race, aim to be on your feet for as long as you expect to race for.

PRACTICE, PRACTICE

Simulate the race during long runs. If you'll be walking up hills in the race, work your hiking muscles in training. Downhills can be even more debilitating if you're not prepared. You'll also need to experiment with foods—anything from gels to sandwiches to baked potatoes—to get in 200 carbohydrate calories per hour.

APPLY IT Broaden your search for training-run spots, even if it means driving for a couple of key long runs. If needed, log time on the treadmill—up and down. Track what you eat and how you feel during long runs until you find a stomach-pleasing formula.

ROCK YOUR FIRST ULTRA

Train smart to target a strong (and fast) finish.

→ So you've been there, done 26.2, and you're looking for a new challenge? The obvious choices are to either go faster or go farther. Option B is increasingly popular: The number of ultramarathon finishers has nearly doubled since 2009, to almost 70,000 last year. But for the truly hard-core, there's a third option: Move up in distance, but don't just aim to finish. Go far *and* fast. If you want to make that your goal for 2015, here's how to start.

TRACK TIME-ON-FEET

You may not need to spend more time running, according to Canadian ultra pro Adam Campbell. Aim to average the equivalent of at least 50 miles a week during a 16-week build-up—but instead of tracking miles, track “time-on-feet.” Many ultras are held on tough terrain, sometimes

at high altitudes, where an eight-minute effort might produce a 16-minute mile, and you'll need to train in these conditions. Your body responds to duration and intensity, not distance.

APPLY IT If you ran 50 miles a week at eight-minute pace in your marathon buildup, start your ultra training with 400 minutes of running per

week at the same effort. Go out six days a week; rest or cross-train on the seventh day. Make each run at least an hour, unless you're running twice in one day; then, you can include 30- to 40-minute morning runs.

GO BACK-TO-BACK

Instead of a 40-mile long run, work up to running four to five hours on Saturday and another three to four on Sunday. It will still prepare you to run on very tired legs, but the risk-reward ratio is more favorable. Keep the pace easy.

APPLY IT Schedule back-to-back long runs every other weekend, alternating with a single long run in which you insert some marathon-pace surges near the end. Build up gradually, and for your

STAY FAST

The success of ultrarunners like Max King, Sage Canada, and Rob Krar—all fast at shorter distances, including a 1:51 800 meters for Krar—is a reminder that speed matters, even in ultras. Some fast running will keep your stride efficient and your legs strong as they adapt to going longer.

APPLY IT Include intervals at half-marathon pace or faster each week. For example, run 5:00, 10:00, 5:00, 10:00, 5:00 at half-marathon pace with 2:00 to 3:00 jog recovery; or find a hilly loop for a fartlek where you attack the uphills, run steady on the flats, and recover on the downhills. **EW**





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How should I train in the cold for a warm winter race?

Your body acclimates to heat, so simulate race conditions as best as you can. Move key workouts like tempo runs, speedwork, and hill repeats to the treadmill. Whether you're running indoors or outdoors, wear one more layer than you normally would. Spending time in steam rooms and hot tubs will also help you adapt. —Rachel Tambling, Ph.D., is an online coach (drrachelruns.com) based in Connecticut.

Are online coaches as good as face-to-face coaches?

They're sometimes even better, since going virtual lets you choose from excellent coaches anywhere in the world. The main advantage of an in-person coach is immediate and visual feedback. An online coach, by contrast, can track your training via e-mail, mapping apps, and virtual logs. Some athletes value motivation over monitoring, and online coaches can provide that too, by phone, text, or e-mail. Check the rosters of RRCA- and USATF-certified running coaches to find one, but "interview" them first. If they don't communicate well via phone or e-mail, find someone else.

—Randy Accetta, Ph.D., is the director of coaching education for the Road Runners Club of America (rrca.org).

My lower back hurts after hilly runs. How can I avoid that?

Lower-back pain can result from a weak core, weak lower-back muscles, tight hamstrings, or all three. The following postrun moves can help: Strengthen your core with planks (hold 20 seconds, rest 10) and your lower back with Supermans (hold two seconds, rest one). Do eight reps of each after three runs per week. Stretch your hamstrings and back after every run by standing feet together, reaching for your toes, then moving all 10 fingers to the outside of each leg. Hold for 30 seconds on each side. Also, tighten your abs on runs, especially on downhills, to support your lower back.

—Jennifer Lichty is a personal trainer and coach who runs in the hills above Tucson (jenniferlichtyfitness.com).

Bundle up and run inside to train your body to handle a race in a warm climate.

The Explainer

Why are some races in miles and others in kilometers?

In the United States, highway signs are in miles and treadmills display mile pace. Yet America's most popular race distance, with 8.3 million finishers in 2013, is the 5-K distance (that is, 3.1 miles). The rest of the world uses the metric system, so most tracks are 400 meters, and most major track meets—including the Olympics—offer 5000-meter and 10,000-meter races. Those translate into 5-K and 10-K road races, though when you run those in the U.S., you still find courses marked in miles. Less-common "miler" distances (like five-milers and 10-milers) exist almost exclusively in the U.S. because folks almost everywhere else think in kilometers. Since neither marathons nor half-marathons can be expressed as a round number in miles or kilometers, it's a good thing they have non-numeric names. But that's another story.



Ghost 7
Lightweight ride.
Cushioned landing.

brooksrunning.com/ghost7

"Eat a tablespoon prerun for a not-too-filling snack, or postrun to stimulate recovery," says Lisa Dorfman, M.S., R.D.

*Smokey
Sriracha
Peanut*

*Maple
Cinnamon
Walnut*

Keep homemade batches in a sealed container in the fridge for three to six months.

*Chocolate
Hazelnut*

*Almond
Coconut*

*Sweet
and Salty
Pistachio*

A two-tablespoon serving (the size of a Ping-Pong ball) of most nut butters contains around 200 calories.

GO NUTS

Creative DIY nut butters taste great, pack runner-friendly nutrients, and cost less than store-bought jars.

By Jessica Migala

MAPLE CINNAMON WALNUT

Walnuts are one of the few vegetarian sources of omega-3s, fats that help calm postexercise inflammation, while cinnamon may help steady blood sugar.

PERFECT PAIRING Whole-grain raisin bread; oatmeal

- 1 cup roasted walnuts
- 1 teaspoon pure maple syrup
- ½ teaspoon ground cinnamon
- Salt

Blend walnuts in a food processor for 3 to 5 minutes, stopping to scrape down the sides as needed.

Add syrup, cinnamon, and a pinch of salt. Process about 2 minutes longer, or until smooth. **Makes ½ cup.**

SMOKEY SRIRACHA PEANUT

High in fiber, protein, and fat, peanuts are especially satiating; studies show people who eat them often have a lower body-mass index. The hot peppers in sriracha boost calorie burning and add a moderate amount of spice.

PERFECT PAIRING Celery; chicken; bacon burgers (a favorite of RW's Editor-in-Chief!)

- 1 cup unsalted dry-roasted peanuts
- ½ tablespoon olive oil
- 1 tablespoon sriracha
- ¼ teaspoon smoked paprika
- Salt

Blend peanuts in a food processor for 3 to 5 minutes, stopping to scrape down the sides as needed.

Add oil. Process 1 minute. Add sriracha, paprika, and a pinch of salt. Process 1 to 2 minutes, or until smooth. **Makes ½ cup.**

CHOCOLATE HAZELNUT

Hazelnuts are a rich source of the antioxidant mineral manganese. Dark chocolate has heart-healthy flavonols. Removing the hazelnut skins takes time but improves flavor and texture.

PERFECT PAIRING Strawberries; bananas

- 1 cup hazelnuts
- ¾ ounce dark chocolate (60% cocoa)
- Salt
- ½ teaspoon honey

Preheat oven to 350°F. Lay hazelnuts in one layer on a sheet pan. Roast for 10 to 15 minutes.

While hot, transfer nuts to a kitchen towel. Fold towel over and rub to remove skins. Cool completely.

Transfer hazelnuts to a food processor and blend 5 minutes, stopping to scrape down the sides as needed.

While hazelnuts are blending, melt chocolate in a microwave in 10- to 15-second spurts.

Add melted chocolate and a pinch of salt to processor and process 1 to 2 minutes, or until smooth.

Add honey and another pinch of salt (if desired) and blend again for about 5 minutes, or until smooth. **Makes ½ to ¾ cup.**

ALMOND COCONUT

Almonds are packed with vitamin E, which helps with red-blood-cell formation and widens blood vessels to improve heart health. Coconut oil will cause this butter to harden in the fridge. When ready to use, microwave two tablespoons on high for 20 seconds.

PERFECT PAIRING Whole-grain graham crackers; pumpkin bread; mango

- 1 cup roasted, unsalted almonds
- 1 cup shredded,

unsweetened coconut

- ½ tablespoon coconut oil
- 1 teaspoon honey
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon

Blend almonds in a food processor for 3 to 5 minutes, or until smooth, stopping to scrape down the sides as needed. Remove almond butter into a separate container. (Don't wash out the processor.)

Add coconut to the processor. Blend for 5 minutes. Add oil and process 1 minute longer (it should have a nearly liquid consistency).

Add almond butter back into the processor along with honey, vanilla, and cinnamon. Blend briefly until combined. **Makes 1 cup.**

SWEET AND SALTY PISTACHIO

This little green nut is high in copper, a trace mineral that keeps your immune system in tip-top shape. It's also a good source of thiamin, a B vitamin that assists your body in converting carbs into running fuel.

PERFECT PAIRING Goat cheese; pretzels; multigrain crackers

- 1 cup shelled, roasted, and salted pistachios
- 2 tablespoons canola oil (or other neutral-tasting oil)
- 1 tablespoon honey

Blend pistachios and oil in a food processor for about 4 minutes, stopping to scrape down the sides as needed.

Remove from processor into a bowl. Add honey and stir to combine. **Makes ½ cup.**

Ready Made Favorites of RW staffers who tasted store-bought brands



Artisan Organic Raw Cacao Bliss

This intense cocoa-and-coconut butter has the texture of a truffle.



Justin's Maple Almond Butter

We loved the perfect balance of nuttiness and just-right sweetness. Only 3 grams of sugar!



Naturally Nutty Organic Cinnamon Vanilla Almond Butter

The rich vanilla and cinnamon combo won over testers. "It tastes like Christmas!"



Nuttzo Power Fuel Crunchy with Chia

With seven different nuts and seeds, it's seriously chunky. Chia and flax provide omega-3s.



Wild Friends Honey Sunflower Seed Butter

So smooth and creamy with a mellow flavor, testers couldn't stop eating it.



THE RUNNER'S PANTRY

A HEALTHY CRUNCH

Granola packs good-for-you ingredients into a satisfying treat. Runner and chef **Marcus Samuelsson** shares his recipe.

PACKED WITH GRAINS, nuts, and fruit, granola is one of chef Marcus Samuelsson's go-to breakfasts. He keeps it on hand for fuel before or after his nearly daily six-mile loop through New York City's Central Park. "The beauty of making granola at home is that it's cheaper, it's fresher, and I can customize it the way I want," says the *Top Chef Masters* champ, who just published his latest cookbook, *Marcus Off Duty*. —YISHANE LEE

BLUEBERRY CRUNCH GRANOLA

"This is a very forgiving mix. Swap in other nuts or fruits or sweeteners that you prefer."

- 2 cups old-fashioned rolled oats
- 1 cup unsweetened dried blueberries
- $\frac{3}{4}$ cup sliced almonds
- $\frac{1}{2}$ cup unsweetened shredded or flaked coconut
- $\frac{1}{2}$ cup raw cashews
- $\frac{1}{4}$ cup packed brown sugar
- $1\frac{1}{2}$ teaspoons ground allspice
- 4 tablespoons unsalted butter
- 2 tablespoons pure maple syrup
- 1 teaspoon ground cinnamon

Preheat oven to 300°F. In a large bowl, combine oats, blueberries, almonds, coconut, cashews, sugar, and allspice. Mix well. In a small saucepan over low heat, melt the butter with the maple syrup. Pour over the granola and toss to coat. Spread granola on a baking sheet. Bake 20 minutes, stirring occasionally, or until it is golden brown. Sprinkle cinnamon over the granola and stir it in. **Makes 6 cups.**

Beyond Yogurt

Stir granola into cooked oatmeal or pancake and muffin batter.

Add to root vegetables halfway through roasting; use as a topping for a Thanksgiving gratin.

Swap in granola for croutons in green salads or use as a garnish on soup.

When shopping for store-bought versions, choose brands with a max of 10 grams each of sugar and fat per serving.



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Carrie Tollefson

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Replace junk miles with quality conditioning

CROSS TRAINING

CROSS CIRCUIT® exercises and videos help eliminate your weak links



Octane
FITNESS

see it move: zerorunner.com



ACE YOUR PLATE

Get nutritious benefits from your holiday meal without packing on pounds.

EAT BRIGHT

Carb-rich sweet potatoes get their color from beta-carotene. Top them with pecans: A study from Loma Linda University found that eating the nut raises antioxidant levels and lowers LDL cholesterol.

MORE VEGGIES, PLEASE

Cruciferous vegetables like brussels sprouts pack potent cancer-fighting compounds called indoles. Cook gently to retain these nutrients. Top with fresh rosemary (which is anti-inflammatory) or antioxidant-rich sage.

STUFF SMART

When made right, stuffing can provide quality carbs and antioxidants. Sauté whole-grain bread cubes in olive oil along with onion, celery, and garlic. Add sage, thyme, pecans, apples, and broth.

GET SAUCED

Cranberry sauce, that is. When made from whole, fresh berries (not a can) it supplies key nutrients, such as proanthocyanidins and quercetin, which both have anticancer and anti-inflammatory actions.

GOBBLE UP TURKEY

High-protein foods like turkey can help your muscles heal if you suffered an injury during the fall racing season. It also supplies energizing B vitamins, plus zinc and iron for a healthy immune system.

AIM FOR APPLES

A University of Copenhagen study found that eating apples lowers artery-damaging LDL cholesterol levels, but drinking apple juice raises LDL. The pectin and polyphenols in whole apples (but not juice) may limit cholesterol uptake.

PASS THE PIE

Yes, you can indulge. A slice of pumpkin contains 320 calories (not bad for dessert) and more than 200 percent of your daily need for vitamin A. Studies show that pumpkin may help improve blood-sugar control.





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Meet the GPS running watches with coaching features so dialed-in, they might know your abilities better than you do. 220 gives you essential running data like distance, pace and heart rate. The 620 adds a touchscreen, VO2 max estimating and a recovery advisor. And when you pair 620 with HRM-Run you have access to advanced running form coaching data like cadence, vertical oscillation and ground contact time. Both 220 and 620 are compatible with free training plans from Garmin Connect™, which you can send to your watch, for real-time coaching.

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ALMOND MILK

BEST Low-calorie option
USE IT For drinking straight. Its mild flavor is a pleaser. “At 30 calories per cup, it’s a lower-calorie option,” says Kimberly Mueller, M.S., R.D. One serving packs half your daily need for vitamin E, but most brands have just one gram of protein per serving.

Per 8 ounces (unsweetened): 30 calories, 1 g carbs, 1 g fiber, 1 g protein, 2.5 g fat



HEMP MILK

BEST Source of omega-3s
USE IT In smoothies, which helps soften its earthy taste. The nutty-tasting seeds “provide omega-3 and omega-6 fatty acids in an ideal ratio for optimal heart health,” says Mueller. It also supplies all 10 amino acids, providing a few grams of high-quality protein for vegan and vegetarian runners.

Per 8 ounces (unsweetened): 70 calories, 1 g carbs, 2 g fiber, 3 g protein, 5 g fat



OAT MILK

BEST Prerun fuel
USE IT In coffee or tea. Naturally creamy and sweet, oat milk is packed with carbs (and, hence, high in calories) for a good source of running fuel, says Heather Mangieri, M.S., R.D. Oats provide beta glucan, a fiber that may strengthen athletes’ immune systems.

Per 8 ounces (unsweetened): 130 calories, 24 g carbs, 2 g fiber, 4 g protein, 2.5 g fat

Alterna-milks are often fortified to match the calcium and vitamin D in cow’s milk. But their nutrients otherwise vary greatly.

QUICK BITES

HOLY COW!

Look beyond real dairy for alternatives that also do a runner’s body good.

By Jessica Migala



RICE MILK

BEST For sensitive stomachs
USE IT In cereal. A bit watery, it’s best with flavored foods. Since rice milk is hypoallergenic, it’s a good option for runners with allergies or GI issues. Dairy-sensitive runners should choose fortified versions to get enough calcium and vitamin D, says Mangieri. Low levels of D are linked to heart disease and cancer, according to new research in *The BMJ*.

Per 8 ounces (unsweetened): 70 calories, 11 g carbs, 0 g fiber, 0 g protein, 2.5 g fat



SOY MILK

BEST All-around dairy alternative
USE IT For drinking straight or in baking and soups. Soy is one of the few plant milks that offer an amount of protein comparable to cow’s milk—seven grams versus eight. It’s a good source of electrolytes, including phosphorus, which helps stave off postworkout muscle aches.

Per 8 ounces (unsweetened): 80 calories, 3 g carbs, 2 g fiber, 7 g protein, 4 g fat

Label Lingo

Carrageenan, a thickener made from seaweed, is an ingredient in some nondairy milks. The FDA says it’s safe, but some animal studies show it triggers inflammation in the gut. If you’re concerned, find a brand without it. It’s also a reason to consume any of these drinks in moderation.





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Play It Safe

MEMORY JOG

Returning to running after a layoff? Science shows it's easier than you may think to start again.

By Diane Stopyra

MANY RUNNERS have been there—lacing up for the first time after an exercise hiatus, praying to the gods of running that there is such a thing as muscle memory. For example, Jeff Alexander, a 48-year-old public

relations executive from Philadelphia, ran his first marathon in 1996 in 3:03, his second the following year in 3:07, and his third the year after that in 3:06. A semi-hypothermic experience at that final race

coupled with major life changes, including a move and a marriage, caused Alexander to fall out of his marathon-training routine. And although he attempted to keep up with regular short runs, “beer often got

Just because you might be able to amp up your training faster the second time around doesn't mean you should. Doing too much too soon could leave you hurt—especially if your original layoff was due to injury. In that case, it's smart to visit a running clinic, or to see a medical expert for a gait evaluation, before you resume running. “Your body remembers what you did last,” says Amadeus Mason, M.D., of USA Track & Field's sports-medicine and science committee. “So if your last run was dysfunctional, you risk slipping back into those poor habits.”



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in the way,” he says. But 10 years later, Alexander got back in the long-distance saddle. He trained for the 2008 Philadelphia Marathon and once again qualified for Boston, with a time of 3:17—and a lot less difficulty than he had expected. “Heading back out, it felt very familiar,” he says. “I was up to 10 miles within the first month of training. I’d say the muscle memory was intact.”

Alexander isn’t wrong to think his previous training put him at an advantage, experts say, although the term “muscle memory” can be misleading. “A muscle doesn’t have its own brain, so it can’t remember things,” says Steven Devor, Ph.D., assistant professor of kinesiology at Ohio State University and a runner. So what is going on? Here, researchers explain why you’re not starting from scratch, even when you’re starting over.

WHY IT STICKS

Chances are, at some point in your life you’ll need time off from running. You’ll become a parent, get sick or injured, or take a midlife crisis sabbatical to learn to surf in Tahiti. But rest easy: With every run you’re

currently taking, you’re “banking” muscle memory. Those deposits become a type of running nest-egg you can cash in down the road when you’ve had your last wipeout. “The more times you go over the memory now, the longer it will last,” says Amadeus Mason, M.D., of USA Track & Field’s sports-medicine and science committee and an assistant professor of orthopedics and family medicine at Emory University.

Sure, there is a psychological factor: Revisiting a sport, especially one that you once enjoyed, is far less intimidating and overwhelming than taking it up for the very first time. And confidence can certainly make reentry feel easier.

But experts say it’s more than that. To begin with, when you strengthen your muscles, they generate more nuclei, or “little protein factories,” that contain DNA necessary for increasing muscle volume, says Kristian Gundersen, professor of physiology at the University of Oslo in Norway. A study led by Gundersen in 2010 confirms that even after you quit exercising, these nuclei stick around, meaning a runner

With every run you take, you’re “banking” muscle memory. Those deposits become a type of running nest-egg you can cash in down the road.

is one step ahead when he decides to get back into it.

“When you do an activity, the brain sends messages to your muscles in the form of electrical charges through pathways in the central nervous system, and the muscles send messages back,” says Matt Silvis, M.D., a primary-care sports-medicine physician at Penn State Milton S. Hershey Medical Center. It’s because of this constant feedback loop that the right muscles are activated, and at the right force, in order to perform a particular task. Do this task enough, and these nervous-system pathways become well-trodden, which is why you never forget how to ride a bike—or how to run.

YOU’RE A NATURAL

You don’t just remember how to run—but how to run well. “Even after a long break, you’re going to be running more efficiently and wasting less energy than someone who is new to the

sport,” says Adam Knight, Ph.D., assistant professor of biomechanics at Mississippi State University. “You can make the assumption you’ll get back in shape more quickly because of that.”

Perhaps the best news for runners is that these pathways don’t apply just to voluntary muscles like those in the legs, but to involuntary muscles, like the heart. “For former athletes, there is a lot of residual benefit to exercise within the circulatory system,” says Alfred Bove, M.D., Ph.D., professor emeritus of medicine at Temple University and past president of the American College of Cardiology. “In well-trained athletes, the heart is able to relax more easily, which minimizes shortness-of-breath issues. Also, the parasympathetic nervous system becomes more dominant than the sympathetic nervous system, meaning the heart is less stressed by exercise. Both of these adaptations have memory.”

Extra Credit
There are things you can do beyond just running to help ingrain the habit into your muscle memory.



SLEEP A 2013 study suggests that an athlete who experiences “slow-wave” sleep, or deep sleep, is better able to produce muscle memory.



VISUALIZE This positive-thinking tool stimulates the same pathways through the central nervous system that actual running does.



BREATHE Deep belly breathing better oxygenates your brain, leading to improved brain functioning and more efficient muscle-memory production.



EAT Upping your intake of antioxidant-rich spinach, blueberries, and strawberries can help protect your ability to produce new muscle memory as you age.



STRENGTH-TRAIN It helps muscles generate more nuclei that contain DNA necessary for increasing muscle volume.



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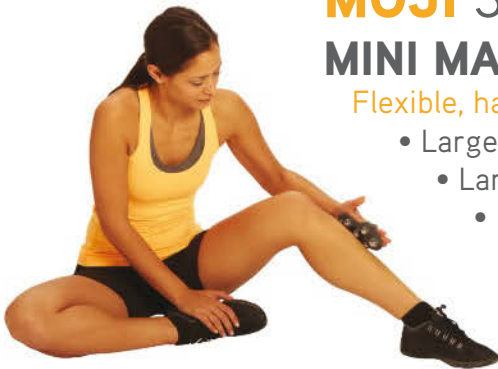
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THE BODY SHOP

SHIN GUARDS

Protect an injury-prone spot with these simple exercises.

YOU DON'T THINK about your shins until they hurt. And by then, you could be looking at some major down-time. A recent study found that it takes, on average, 71 days to rehab shin splints. Shin splints (the term for pain that occurs on the front outside part of the lower leg) often occurs when your legs are overworked. That's sometimes from a jump in mileage. And sometimes because your shins pick up the slack for body parts that are weak, says Susan Joy, M.D., a sports and exercise medicine physician with Cleveland Clinic Sports Health. Protect yourself by strengthening your feet, ankles, calves, and hips, which support your shins. Do two to three sets of 10 to 15 reps daily (but not before a run).

—CAITLIN CARLSON



TOE CURLS

Stand with feet hip-width apart at the edge of a towel. With the toes of your left foot, gather the towel and slowly pull it toward you. Return to start and repeat with the other foot.



MONSTER WALKS

With feet shoulder-width apart, place a resistance band around your thighs and step forward and toward the right with your right leg (a). Bring your left leg up to meet your right, then step out toward the left (b). Then walk backward in the same way to return to the start. Repeat.



HEEL DROP

Stand on your toes on the edge of a step (a). Shift your weight to your right leg, take your left foot off the step, and lower your right heel down (b). Return to start, and then repeat with your left leg.



ONE-LEGGED BRIDGES

Lie on your back with your arms out to the sides, knees bent, and feet flat on the floor. Squeeze your glutes to lift your hips up off the floor (below). Extend your left leg out (above) and hold for 30 seconds (work up to 60-second holds), then lower it. Repeat with your other leg.

During bridges, your knees, hips, and shoulders should form a straight line. Keep shoulders on the floor to protect your neck.

Shins Hurt?

MASSAGE WITH ICE

Freeze a paper cup filled with water, tear off the top edge of the cup, and massage with comfortable pressure along the inside of the shinbone for 10 to 15 minutes after running to reduce inflammation.

ADD ARCH SUPPORT

By “lifting” the arch with insoles, you take stress off of your lower legs. You don't need to use these forever if you do strength work—think of insoles like a splint for your foot and remove them once you're fully recovered. Try different options available at running specialty stores.

STRETCH & REST

Loosen up tight calves and Achilles tendons—both can contribute to shin splints. Reduce running mileage and do low-impact cross-training (biking, swimming, elliptical) instead. When you resume your training, ease in gradually. Too much too soon could cause a relapse.





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TO THE GLAM RUNNER

FROM

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1 / BROOKS PURE-PROJECT THERMAL SHELTER JACKET

Take the tailored suit jacket look, make it windproof, add reflective threading. Smart! Men's version (not shown) is PureProject Thermal Jacket. \$200; brooksrunning.com

2 / SOLEUS GPS MINI FLYTE

The Flyte line represents Soleus's collaboration with sports-apparel designer Oiselle. The USB port on the GPS Mini (shown) is integrated into the band for cord-free syncing; the Dash tracks time and splits. \$119 (Mini); \$65 (Dash); soleusrunning.com

3 / JABRA SPORT PULSE WIRELESS EARBUDS

Great sound, up to five hours of battery life, heart-rate monitoring, real-time voice coaching, and motion detection. \$200; jabra.com

4 / OISELLE NEW FLYER JACKET (Women's only)

So lightweight it's hard to believe it's warm, breathable, and wind- and water-resistant. \$140; oiselle.com

5 / JULBO GROOVY SUNGLASSES

(Women's only) These come with two nose-clip sizes for even more adjustability. \$100; julbousa.com

6 / ATHLETA HOMESTRETCH RUN TIGHTS (Women's only)

Reflective trim, ankle zips, and a zippered pocket that fits (most) smartphones. \$89; athleta.com

7 / STEVE MADDEN RACING (Women's only)

You can run in these casual, bronze leather sneakers, but why wreck a great look? \$130; stevemadden.com

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FROM
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2 / NEW BALANCE FRESH FOAM 980

(Men's only) Be seen. The soft, stable ride of the 980 glows in the dark. \$120; newbalance.com

3 / KAHTOOLA NANOSPIKES

Ten tungsten carbide spikes keep you rubber-side-down. \$50; kahtoola.com

4 / SMARTWOOL PHD OUTDOOR ULTRA LIGHT SOCKS

Merino wool cushions high-impact areas. \$16–\$20; smartwool.com

5 / TIMEX IRONMAN ONE GPS+

Comes with SOS alert and ability to text up to 200 characters. \$400; timex.com

6 / EPIC ESCAPE

Over six days and three countries (France, Italy, Switzerland), run 100 miles around the European Alps. \$2,700; sierramtnguides.com

7 / ASICS FUJITRAIL HOODIE

Shoulder grips secure packs, and envelope pockets stow stuff. \$100 for men's, \$90 for women's (shown); asicsamerica.com

8 / NEW BALANCE WIND-BLOCKER TIGHTS

Panels and brushed fleece block wind, resist water, and retain heat. \$100; newbalance.com

9 / BIRDLING WEEKENDER BAG

Duck canvas bag has four exterior pockets and three interior compartments of sturdy nylon. \$225; birdling.com

TO THE PR-SEEKER

FROM
Your Coach



1



2



4



3



5



6



7

1 / LULULEMON METAL VENT TECH LONG SLEEVE
Run fast; don't stink. Mesh vents release heat, while treated fibers squelch bacteria. \$74 for men's (shown), \$68 for women's *Run Swiftly Tech Long Sleeve*; lululemon.com

2 / ADIDAS TEAM SPEED TRAXION SHOCKWAVE CREW SOCKS
Ergonomic shape with compression for a secure fit and a grippy footbed for more stability. \$15; adidas.com

3 / PEARL IZUMI P.R.O. SOFTSHELL ARM WARMERS
Thermal fleece on the inside, and panels to block wind and resist water on the outside. \$50; pearlizumi.com

4 / 2XU COMPRESSION CALF SLEEVES
Moisture-wicking, UPF 50+ seamless sleeves support the calf, shin, and Achilles tendon while boosting circulation. \$45; 2xu.com

5 / NEW BALANCE CHAMELEON JACKET
Never quit early. Open-weave fabric on the chest and back is wind-resistant, wicks sweat, and retains warmth. \$150; newbalance.com

6 / BREVILLE ORACLE ESPRESSO MACHINE
Since caffeine can improve race-day performance, why not treat yourself to the ultimate edge with this home espresso system that does all the dosing, tamping, and milk-texturing for you. \$2,000; brevilleusa.com

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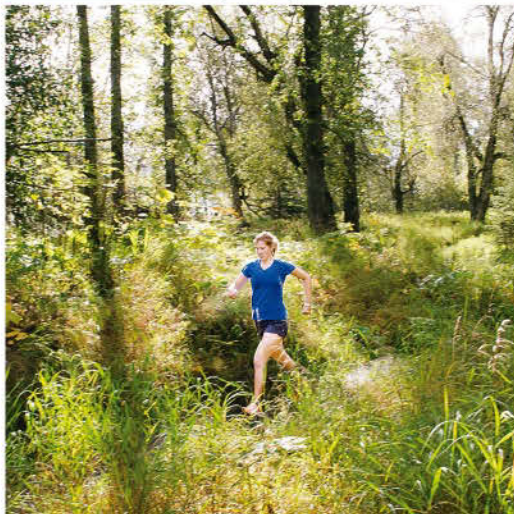
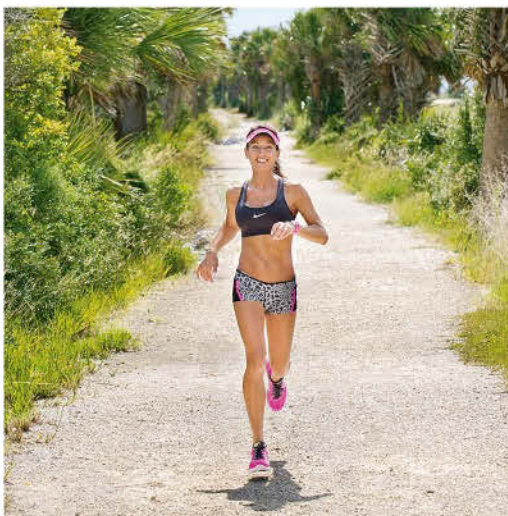


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2014 RW COVER

CONTEST

10 AUTHENTIC,
INSPIRING,
ATHLETIC,
PASSIONATE,
UNSTOPPABLE

RUNNERS WHO
WOWED US



“Unkillable”

DESCRIBE YOURSELF IN ONE WORD

That's what the RW Cover Contest asked each participant, and the words on these images are the ones that the finalists chose for themselves. How do you describe yourself in one word? Join the conversation on Twitter using #RWOneWord

When the *Runner's World* Cover Contest judges interviewed Scott Spitz, we were moved and inspired by how he truly believes that running is helping him save his own life. And it's not just hyperbolic positivity, either: That he is managing so well with such a difficult cancer mystifies his doctors. "We don't know what you're doing but keep doing it," they tell him. To us, Spitz's tenacity, humility, and perseverance embody the best of running ideals.

SCOTT SPITZ

38, INDIANAPOLIS

GRAPHIC DESIGNER

ENTRY QUOTE: "CANCER IS TRYING TO KILL ME, BUT IT'S GOING TO HAVE TO CATCH ME FIRST."

 In hindsight, there were signs. He was tired, but he was averaging 90 miles a week. His stomach was wonky, which was surprising because he'd been a vegan for 20 years and didn't usually have digestive issues. After a winter trail marathon, his body "freaked out"—he got severely chilled and shaky and nauseous—but he had won, so he figured he'd just pushed too hard. One thing that did bother him was that despite his high mileage and healthy habits, he had a bit of a belly that he couldn't seem to lose. Scott Spitz thought he was just going through a "rough training patch."

Then on a March night last year, after a 12-miler that morning (and a 30-mile trail run two days prior), Spitz had abdominal pain so severe he couldn't stand up straight. *Hernia*, he thought. His sports doctor sent him to a surgeon, who ordered scans, and that same day called Spitz with the dreaded words: *You've got to come in.*

"You never think that if you have cancer you can still run 90 miles a week," says Spitz.

Spitz had entered his first race at age 6, when his parents brought him to watch his mother in a 5-K. When she took off, he followed her—the whole way. He ran cross-country in middle school and high school. Thirteen years later, Spitz was liv-

ing in Indiana with a 1-year-old son, whom he took out in the jogging stroller timed to afternoon naps. In an hour and a half, he would log 13 miles. He entered a half-marathon and clocked 1:10-something, which qualified him for a top spot in the 2009 Chicago Marathon, his first 26.2-miler, which he finished in 2:25:55.

Spitz's cancer—pseudomyxoma peritonei—is rare and spreads throughout the abdominal cavity. Three weeks after his diagnosis, doctors opened Spitz from his sternum to below his navel, and bathed his intestines with a heated chemotherapy wash. Over the next year, he would endure 19 rounds of chemo, along with a second, 15-hour surgery this past August. Because there is a 90 percent recurrence rate, he almost certainly faces more surgery.

Spitz believes running helps him heal. He worked back up to 60 miles a week in between surgeries. Five weeks after his second operation, he managed a slow four-mile run with walk breaks. "Friends say, 'Relax! Don't do anything,'" Spitz says. "And I totally understand that. But I try to err on the side of kick-starting the body and building it up and helping it get back to normal."

Ultimately, Spitz would like to try to qualify for the Olympic Marathon Trials, or at least set a new PR. But for now he's focused on trying to put more distance between himself and cancer.

"I have my dark days," Spitz says. "But at least this time, the doctors worked me away from cancer, and I did my part as well. I like to hold on to the idea that I'm unkillable for now." —TISH HAMILTON

"STRENGTH"



JILLIAN CAMPREGHER

25, HUNTINGTON BEACH, CA

SALES ASSOCIATE

ENTRY QUOTE: "AS MY LIFE WAS GETTING PIECED BACK TOGETHER, RUNNING GAVE ME DIRECTION."

► In 2011, Jillian Campregher's future looked bright: She was on track to graduate from San Jose State University with a bachelor's degree in music and hoping to pursue a master's in music therapy. But then she made the first in a series of very bad decisions: After a night of partying, she got in her car to drive 70 miles home. She took a turn too quickly and totaled her car. When the police arrived, Campregher's blood alcohol content was .21. Two months later, she received another DUI. She was fined nearly \$4,000, spent 40 days in jail, and

was ordered to enter rehab. She coped with the stress by under-eating, and emerged underweight and unemployed.

Afterward, she moved back in with her parents, and went on long walks to clear her head, eventually adding in some running. By May 2014, she'd worked up to running five days a week, entered a half-marathon, and finished in 1:53.

Thanks to running, her future looks bright again. "I'm happy and I'm sober." She has a job as a sales associate at GNC. She got married in September. She's considering learning sign language, counseling women in prison, or starting a running club. "Running gave me my wings back," she says. "It keeps me focused and in line."

—MEGHAN G. LOFTUS





This girl simply cannot be stopped. When the RW Cover Contest judges called Christina Lee in August, she was in an Iowa hotel room taking a rare day off her cross-country run to fix a broken stroller wheel—and to polish her application for a Rhodes Scholarship. “So many avenues have opened up since my brain injury,” she says. “I’m successful because of it.” Lee impressed us with her positive attitude, energy, and spirit of adventure.

“Halcyon”

CHRISTINA LEE

23, SAN FRANCISCO
COMPUTER SCIENTIST

ENTRY QUOTE: "RUNNING HELPED ME APPRECIATE THE RESILIENCY OF HUMANITY."

▶ Shortly after her 21st birthday, Christina Lee decided to write a bucket list. Some of the things on it are "oh gosh random," she says with a laugh. Learn to swing dance. Take typography lessons. Rebuild, with her dad, a 1949 pickup truck. And a few are truly ambitious: Visit as many countries as she is years old. Raise \$1 million for a good cause. Run across the country. This last she hesitated to add because "there was no compromise. If I put it on there, I had to do it."

You might assume that a 21-year-old who puts "run across the country" on her bucket list had dreamed of that her entire life. But Lee had been a soccer player first, starting at age 4. By her senior year in high school, she'd already suffered six prior concussions when she went up for a header and collided with a player, collapsed on the field, and got kicked in the head. The resulting brain injury left her unable to memorize facts and faces, and unable to return to the soccer pitch. "My running went from being something I did to get in shape for other sports to being my full focus, main form of rehabilitation, and primary sanity check."

Despite (or perhaps because of) her injury, Lee doubled-down on the academic front, attending two colleges simultaneously, from which she graduated

in May: New York University, where she would obtain computer science and math degrees, and Stevens Institute of Technology, in Hoboken, New Jersey, where she would get a degree in mechanical engineering with a concentration in robotics and automation. She began running as much as possible in January, two hours a day, up to 20 hours a week, including to and from classes carrying a small notebook and a pencil. She decided to combine her cross-country run with a portion of her fund-raising goal, aiming to raise \$100,000 for the Navy SEALs. "Too often we only hear about these silent warriors when they are hurt or dead," she says, "and that's wrong. I want to honor and appreciate them while they're still alive and well."

On July 7, Lee set off from New York City, bound west, pushing a 70-pound jogging stroller loaded with clothing, peanut butter, and a laptop. She averages 30 miles a day. She has not been sidelined with injury, although the stroller has. When the front wheel broke, she strapped the carriage to her shoulders and ran to her hotel, pulling her rig like a rickshaw.

Lee, who expects to arrive in San Francisco in December, wants people to understand there is life after brain injury. "When I couldn't just memorize facts, I had to use logic and intuition, and I became so much better versed in the concepts that I was able to tutor." And as a prospective Rhodes scholar or Google employee, she is confident about one qualification: "I can outwork just about any of my peers." —T.H.



"RELENTLESS"

ANDREW PETERSON

21, INDIANAPOLIS
SPECIAL OLYMPIAN

ENTRY QUOTE: "RUNNING IS IMPORTANT TO ME BECAUSE I CAN SUCCEED."

▶ *Shortly after birth, I was found alone...* In the past year, how many times has Andrew Peterson laid bare his life story? "Twenty-five," he says. Does he ever get nervous? Peterson, matter-of-factly: "No."

Peterson started running when he was 9 years old. He earned four high-school varsity letters in cross-country, and at the Special Olympics USA Games in June he claimed gold medals in the 1500 meters, the 3000 meters, and the 5000 meters.

Peterson was born with brain damage from fetal alcohol syndrome. After

five years in foster care, he was adopted by Craig Peterson, an instructor, writer, and consultant. Andrew received therapies, but he got in trouble, which in second grade became a blessing in disguise: Craig asked if, instead of detention, his son could walk laps at recess. Eventually, Andrew started running.

I wasn't the fastest kid on the playground, but you know what? No one could run as far as me.

In 2012, Peterson was asked to share his story at a Special Olympics conference. This year, he completed his high school special education program. *I don't ever want your pity. He speaks slowly but powerfully, clearly. I need your respect—the respect that all people with disabilities deserve.* —NICK WELDON





“Inspirational”

EDWARD LYCHIK

23, TACOMA, WA

MOTIVATIONAL SPEAKER

ENTRY QUOTE: "RUNNING IS A WAY FOR ME TO SHOW PEOPLE WHAT'S POSSIBLE."

▶ When the pain got really bad, long after the initial explosion, he focused on the vision. The one where he's no longer the fractured soldier held together by tubes and needles and meds, the guy who lost 65 pounds and most of his hope after a rocket blew him up, but the one where he's running. In his vision, it was dark out and the air was cold and he was wearing a black hooded sweatshirt and a prosthetic leg.

Edward Lychik lost his left leg—up to the hip—in Afghanistan the day he turned 21. "You could say I had a blast on my birthday," he says with characteristic pity-deflecting humor. Doctors shook their heads when he told them he intended to run Tough Mudders, Spartan races, marathons. The farthest they'd seen a disarticulated hip amputee run was a few hundred yards—on YouTube. But running had meant freedom and joy for this insecure, back-of-the-class kid, and later, when he ran 11:30 for two miles in the Army, a way to gauge his guts. How hard could he push? When would he quit? So he helped doctors design a leg that would restore his freedom. A year after creating his vision, he ran his first Tough Mudder. Four months later, in February 2013, he ran his first marathon, in 4:33. In 2014, he ran three marathons in three months,

including Boston and the Rock 'n' Roll Seattle Marathon, where he ran his 4:07 PR. At press time, New York City was next.

It's not easy, of course. His prosthesis has no knee joint, so he swings it to the side, and as it lands beneath his body, the blade rebounds just enough to drive his right leg forward. The resulting stride-hop-stride-hop is exhausting. When doctors measured his VO_2 max, they said he should eat 500 to 600 calories an hour to compensate for the effort of keeping his core engaged and balanced and his incredibly muscled right leg on task. Everything hurts sometimes. Sweat causes his skin to contract, which leaves room for the socket to rub and blisters to form. When he set that PR in Seattle, it was after stuffing 10 crushed paper water cups between his hip and the socket to fill up the space.

He used to get annoyed when people said he inspires them—what did that mean? Then he started thinking about it. Running helped him accept who he was. Gave him an outlet to be proud of and communities to connect with. He can run 40 miles a week and is on track for a four-hour marathon. And he'd made it all happen. Wow, he thought. *I can do something with this.* He started shaping his narrative, honing his speaking skills. And now, when he's not running or resting, he's working as a professional speaker, sharing his story with kids and adults and asking them: "Who do you want to become?"

—CHRISTINE FENNESSY



SABRINA WALKER

28, ANCHORAGE

ADMINISTRATIVE ASSISTANT

ENTRY QUOTE: "EVERY TIME I RUN, I SAY, 'CF WON'T STOP ME.'"

▶ Running may be saving Sabrina Walker's life. It shakes loose the mucus that fills her lungs, the mucus that prevents her pancreas from releasing the enzymes that help her digest her food. The mucus that is so dense and sticky that when she spits it into the sink, the full force of water from the faucet isn't enough to carry it down the drain.

There is no cure for cystic fibrosis (CF). When Walker was diagnosed at age 4, her life expectancy was 8. She started running as a kid, thanks to her mom, a runner who figured that it might shake loose some of the slime. She ran through high school, but before she left for college in 2005,

doctors found a tumor on her spine and cancer in her B cells—Non-Hodgkin's Lymphoma. There was chemo and radiation and meds and pneumonia and, always, the CF. She started back running in 2007 while at the University of Colorado at Denver, using events to raise money for CF.

These days, her lung function hovers around 76 percent. She spends 90 minutes a day inhaling meds, and she runs four times a week, coughing constantly. In August, she finished the challenging 16-mile Lost Lake Mountain Run. Now married and with a life expectancy of 38, she believes running made her strong enough for the "miracle" growing inside her. "I never knew being a mother would be a possibility for me," she says. "I have a whole new person I have to fight for." —C.F.



MICHELE ELBERTSON

28, TABERNACLE, NJ

PERSONAL TRAINER

ENTRY QUOTE: **"RUNNING HAS GIVEN ME MY LIFE BACK."**

▶ Michele Elbertson was 23 and starting a new teaching job when she overheard one of her fourth-grade students in the hallway chatting with friends: "I have the fat teacher."

At the time, Elbertson weighed 427 pounds. She ate fast food "three times a day, seven days a week." Sometimes she ate to the point of vomiting. A few weeks after her student's comment, Elbertson's doctor put it in stark and scary terms. "You keep this lifestyle up," her doctor said, "and you're not going to live to see 27."

Elbertson elected in April 2010 for a laparoscopic gastric banding ("lap band") procedure. She learned to stir-fry veggies

and began walking, and within a year had lost 100 pounds. To celebrate her milestone, she signed up for a 5-K.

Elbertson went on to finish her first half-marathon in October 2011. She signed up for the 2012 Baltimore Marathon and, over the next seven months of training, lost another 50 pounds. She's now run 38 half-marathons and six marathons, with a PR of 5:01. In September 2013, right after turning 27, she finished a 50-miler. Today she weighs 159 pounds.

"I took my addiction to food and put it toward exercise," Elbertson says. She also decided to leave education and get her personal training certificate. "I am putting my life focus solely on health and fitness.

"A friend of mine just ran her first half and said she wouldn't have done it without my influence," Elbertson says. "I know what it's like to need inspiration. I try to give it back." —N.W.

38, LIBERTY, MO

DEAN OF ADMISSIONS

ENTRY QUOTE: **"RUNNING IS HEALING. RUNNING BRINGS PEOPLE TOGETHER. RUNNING INSPIRES. RUNNING IS COMMUNITY. RUNNING HAS BEEN VITAL TO MY RECOVERY."**

▶ On July 18, 2013, Cory Scheer slept through his alarm. He had planned to ride early with a group of cyclists he'd joined often in preparation for his first Ironman. Instead, he hopped on his bike that afternoon for what would turn out to be his last bike ride—ever.

Scheer was less than a mile from home when a car failed to yield and struck him. He flew off his bike, his body cracked the car's windshield, and his helmeted head dented the roof. The impact destroyed his bike and totaled the car. He lay in the road,

bleeding but conscious, while bystanders called for help. "I remember being loaded onto the ambulance thinking, *Five minutes ago I was on a bike getting ready to finish a ride, and now I'm completely dependent on other people,*" he says.

Scheer had a concussion, three hairline fractures in his spine, and a shoulder-joint injury. Closing his wounds took four hours and 300 stitches. But he escaped without internal injuries or broken bones, and he left the hospital two days later. His trauma surgeon said, "You should go buy a lottery ticket."

As he recovered, a friend told Scheer, "You must have been spared for a reason." Scheer, the dean of admissions at William Jewell College, remembered his first thought post-

CORY SCHEER



accident. He'd felt helpless, a feeling millions of people experience every day. He wanted to reach as many of them as possible, but no single organization had the broad mission he sought to support. So he set out to support five different charities, one for each of the basic needs of food (World Vision), water (Living Water International), shelter (200 Orphanages Worldwide), education (Raising a Reader), and love (Camp to Belong).

Scheer promised his wife and four kids, ages 3 to 11, that he'd never ride a bike again, so Ironman was out. But still he wanted to push himself. So he came up with the idea of running 12 marathons in 12 months and called his endeavor The Basic Needs Marathon Challenge. "I didn't know what I was getting into," he says. "I'd only ever run two marathons." He completed the first race in October 2013.

Over the next year, he raised \$15,000, and every dollar has gone to charities. He also dropped his marathon PR to 3:18 (at the Colorado Fall Classic in September), and is now planning to run a 44.4-mile ultra in April to raise money for bed nets to prevent malaria, a basic need for many people in Sub-Saharan Africa. "Mile 23 rolls around in a marathon and things get pretty scary, but you start thinking about how lucky we are to be able to run," he says. "The temporary pain of running is nothing compared with what some people deal with every day." —M.G.L.



RUSTY FUNK

29, CHICAGO

FUND-RAISING CHAPTER DIRECTOR

ENTRY QUOTE: "I HAVE AN INCREDIBLE PASSION TO SEE NEWBIES EXPERIENCE TRANSFORMATION."



In early 2008, Rusty Funk was in need of a runner's high.

He just didn't know it. The 22-year-old had moved to Chicago to work at a homeless shelter in the crime-ridden neighborhood of East Garfield Park. "I had no friends, no family," he says. "As the loneliness crept in, I sank into a depression. My job was to help these men and bring joy, peace, and hope to their lives. But I was in a dark place."

A new acquaintance asked Funk to run the Chicago Marathon that October with a charity group, Team World Vision (TWV). Overweight, out-of-shape, and possessing only secondhand Velcro-closure sneakers, Funk quickly dismissed the idea. "Dude," he said. "Running is dumb."

But the friend persisted, going so far as to write Funk a blank check so he could buy proper running shoes. "The training group became my lifeline," he says. "Running the Chicago Marathon was a transformational experience; it restored my confidence. I realized this was something I wanted to be a part of for the rest of my life."

While continuing to work at the shelter, Funk became a dedicated runner for TWV, which raises money to provide clean water for Africa. His passion and commitment eventually landed him a new gig: In 2011, Funk was named director of the TWV's Chicago chapter. He convinces reluctant runners that they can go the distance and provides training and fund-raising support through a 26-week training cycle that culminates with the Chicago Marathon. In October, 1,300 TWV participants completed the race—nearly 1,000 were first-timers. "We have a heart for newbies," says Funk, who has also inspired his wife,

his dad, and his siblings to start running. "We don't look at our team as just a fund-raising group. It's a people movement. We want to change people's lives as they are changing others' lives." Each marathoner raises \$1,310, which Funk says provides clean water to 26 people for life. Nationally, TWV raised \$5.7 million in 2013.

Funk himself runs three to four marathons a year, plus Comrades Marathon, a 56-mile race in South Africa. He's done an Ironman triathlon and a 100-miler. Getting out of his comfort zone is essential, he says. "I need to do stuff that scares me, so I can continue to relate to my newbies. When I see someone I recruited, who had fear in their eyes, and then I see them at the finish line with tears and a medal around their neck, it's the best day of my year. Confidence is a beautiful thing, and that's something running can do. Some of the best things in life are on the other side of fear." —KATIE NEITZ



“Happy”

MO DIXON

42, SAVANNAH, GA

MOM AND LICENSED

CHIROPRACTOR

ENTRY QUOTE: "I WAKE UP BEFORE THE SUN RISES TO RUN. AFTERWARD, MOMMY/WIFE MODE KICKS IN UNTIL THE NEXT A.M., WHEN THE RUNNER COMES OUT AGAIN."

 You could say that Mo Dixon has a lust for life. "I don't do anything 100 percent," she says. "Everything is 110 percent." Indeed, Dixon brings energy and enthusiasm to all that she does, whether that's color-coordinating her "loud and proud" morning-run outfits, fixing breakfast for her family afterward—or recovering from an unexpected health setback.

The morning of May 17, 2010, Dixon felt fit as she logged her last 20-miler before the San Diego Rock 'n' Roll Marathon. But that night, while lying in bed, Dixon was hit by a rush of nausea. Then numbness in her left arm, tightness in her chest, and sweat—dripping, pooling sweat. Her husband wrapped her in her zebra-print robe and rushed her to the hospital, where tests confirmed what they suspected but could hardly believe: a heart attack.

It seemed so unlikely for a 37-year-old, 106-pound, nonsmoking, vegan runner. But an echocardiogram revealed Dixon had a congenital heart defect called a Patent Foramen Ovale (PFO), a hole in the wall that separates the top two chambers of her heart. While PFOs are not uncommon, Dixon's was abnormally large.

The news didn't dim Dixon's priorities—or her dispo-

sition. She did laps around the cardiac wing wearing a pink nightie. She told her doctor: "I've got a marathon in two weeks, and I have a pair of fierce leopard-print shorts; you need to make me right so I can run." The cardiologist's response? "I have no doubt you'll wear those shorts, but not in a marathon in two weeks."

No marathon, but still, two weeks after she had surgery to repair the 12-millimeter hole, Dixon went out for a three-miler in a pair of pink shoes, with a matching pink Garmin and visor. Four weeks after that, she ran sub-50 minutes in a 10-K race. A nonpracticing chiropractor with three sons (ages 20, 15, and 6), Dixon begins her pre-run routine the night before, after her youngest boy goes to bed. Wardrobe selection for her 4:30 a.m. group run is "a process," she says. "I have every color of running shoe—nine pairs in rotation right now. Every color of sock. Every color of visor. Animal-print shorts. When I feel pretty, I'm ready to bust a move."

Depending on her race calendar, Dixon logs 40 to 60 miles a week. She's a competitive age-grouper in everything from the 5-K to the marathon, with a 3:32 PR. But her most meaningful marathon was the 2013 Savannah Rock 'n' Roll Marathon, her first 26.2-miler after surgery, in which she qualified for the 2015 Boston Marathon. "I didn't train to qualify," she says. "I just ran to feel free. Running makes me feel strong, powerful, beautiful, alive. I love that feeling. I don't take it for granted."

There is another incentive, though: "If I do well in a race, I'll buy myself a fabulous pair of heels," she says. "I have a problem with shoes." —K.N.



Readers' Choice Awards

YOU VOTED ONLINE FOR YOUR FAVORITE ENTRIES AND SHARED THEM WITH FRIENDS. THESE 10 WERE THE MOST POPULAR.

1. TIM BOYLE

42, CROOKSTON, MN
PRODUCTION WORKER

ONE WORD: MOTIVATIONAL

Two years ago, Boyle quit smoking, took up running, and founded Who I Run 4, an organization that matches runners with people with special needs.

2. ANDREW PETERSON

(See page 71)

3. BEN BALTZ

13, VALPARAISO, FL
(BECAUSE OF HIS AGE, BEN WAS INELIGIBLE TO WIN THE CONTEST)

ONE WORD: DETERMINED

Ben lost his lower right leg to bone cancer at age 6. With the support of his family—all runners—he has since completed road races, triathlons, and an 8:15 mile.

4. CHRIS FIELD

32, COLLEGE STATION, TX
EXECUTIVE DIRECTOR

ONE WORD: INNOVATIVE

Field founded the BCS Marathon, which has raised \$400,000, a portion of which has gone to the Mercy Project, a nonprofit he and his wife launched to rescue children from slavery in Ghana.

5. TATSIANA KHVITSKO

24, KANSAS CITY, KS
SALES TRAINEE

ONE WORD: RUNNER

Born in Belarus without a left foot or right leg below the knee, Khvitsko received her first set of running legs in 2011 and has since completed many 5-Ks and 10-Ks and a half-marathon.

6. ALEX SCHNEIDER

24, GREAT NECK, NY

ONE WORD: ZEN

Alex, who is profoundly autistic, cannot speak or tie his

shoes. But he loves to run, which his mom says gives him focus. With the help of guides, he has run the NYC and Boston marathons and has a PR of 3:14:36.

7. ALEXIS BATAUSA

31, WILLIAMSON, WV
HEALTH AND WELLNESS COORDINATOR

ONE WORD: EPIPHANY

Batausa took up running in 2008 to help him cope with family health crises and drop excess weight. He has since joined Marathon Maniacs and has completed fourteen 26.2-milers.

8. AMY COMPSTON

30, ASHLAND, KY
NURSE

ONE WORD: EMPOWERED

An accomplished runner since age 11, Compston finds spirituality on the roads. Through marathons and ultras she has raised \$88,000 for missions in Uganda.

9. NICOLE BURKE AND ELIZABETH SHUMAN

BOTH 38, KILLINGWORTH, CT
TEACHER AND THERAPIST

ONE WORD: AMAZING

Inspired by her close friend Elizabeth's battle with cystic fibrosis, Nicole founded OutRUN38, which asked the running community to log 3,800 miles before Elizabeth's 38th birthday (the life expectancy of those with CF). Participants have logged more than 238,000 miles to date.

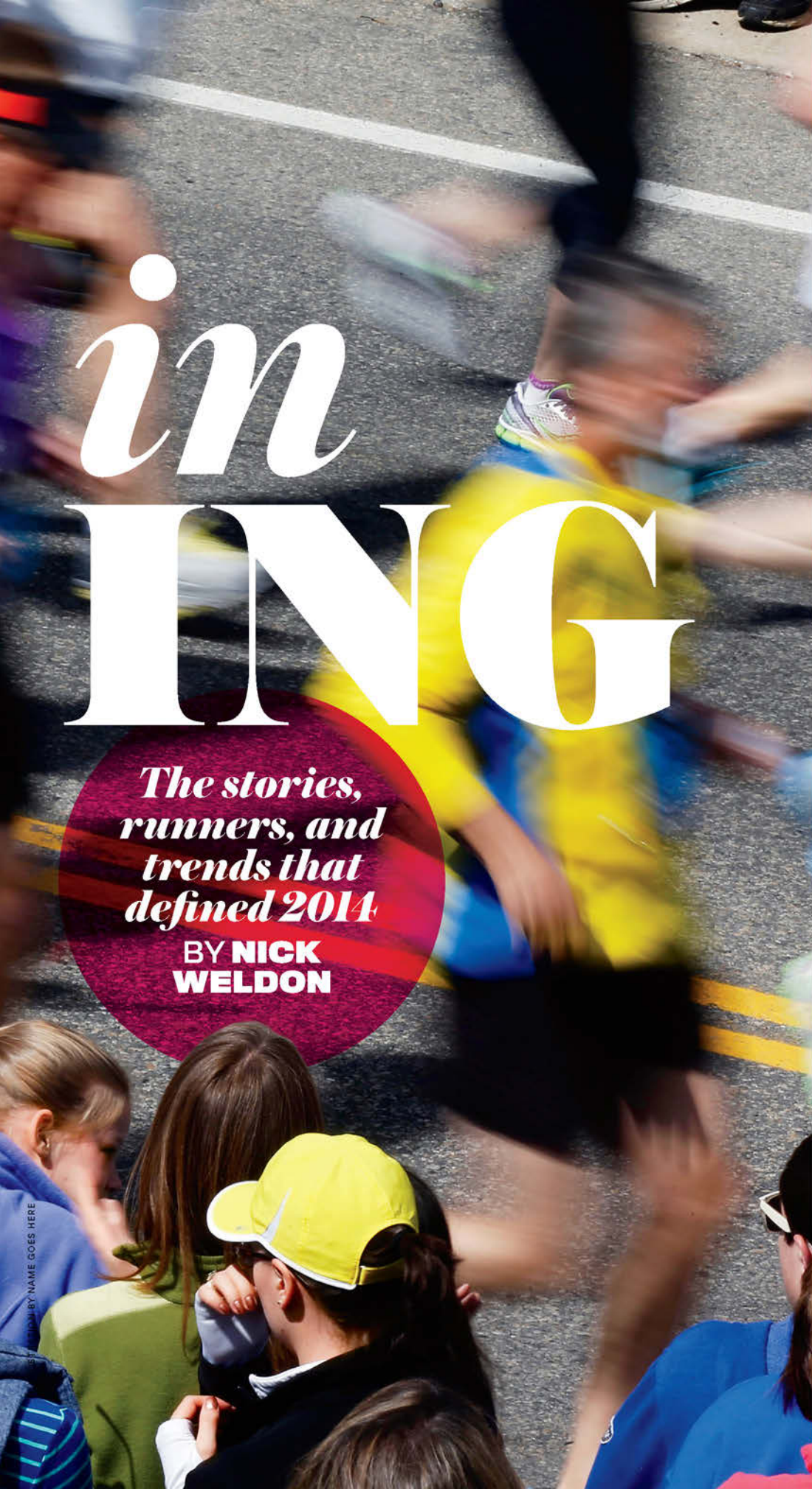
10. DANIEL RINKE

28, DURANGO, CO
CUSTODIAN

ONE WORD: PASSIONATE

Rinke began running 10 years ago, finds it an escape from the grind, and recently ran the Leadville Silver Rush 50. —BECCA BEDNARZ

the
**YEAR
RUN**



**Story
of the Year**
**BOSTON
STRONGER**

in ING

*The stories,
runners, and
trends that
defined 2014*

**BY NICK
WELDON**

The final outcomes of the 2014 Boston Marathon speak for themselves: 32,458 starters, the second-largest field ever; 1 million spectators; a record \$38.4 million raised by charity runners; the first American male champion in more than 30 years (more on him later). But it was the incalculable significance of **a city united**—the animate wave of emotion that came to life in the predawn hours in Hopkinton, Massachusetts, and surged through the streets of Boston long after the last runner exited the course—that will stand as the true measure of April 21, 2014. Police commissioner (and 14-time Boston marathoner) Billy Evans could be seen wearing a tight grin on Commonwealth Avenue, monitoring a law enforcement presence that was at once ubiquitous and invisible. Celeste Corcoran, a year after losing both legs in the bombings on Boylston, crossed the finish line hand-in-hand with her sister and daughter. And the healing continues: In July, Jeff Bauman, who also lost both legs last year, and his marathoning fiancée, Erin Hurley, welcomed their first child, a girl.

Other Newsmakers

SENSATIONAL TEENS

Mary Cain, 18, continued her meteoric rise as the next great American distance runner, as she claimed gold in a dominant 3000-meter victory at the World Junior Championships in Eugene, Oregon, in July. But reigning Nike Cross Nationals champ **Alexa Efraimson, 17**, is hot on her heels; she broke Cain's 3000-meter national high school record in February and joined Cain as a Nike-sponsored athlete in August. And (relatively) longtime Cain foil **Sarah Baxter, 18**, can't be forgotten either; the two-time Nike Cross Nationals champ, who lost only one cross-country race in high school, began her freshman season as the University of Oregon's prize distance recruit.



SENSATIONAL TEENS TENS

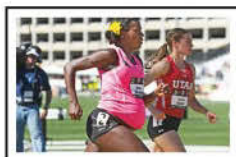
It's a great time to be a 10-year-old runner. In May, **Noah Bliss** (top, right) of Kenosha broke the age-group record with a 1:36 at the Wisconsin Half-Marathon. His record fell weeks later, however, when **Reinhardt Harrison** (top, center) ran a 1:35 at the Alexandria Running Festival half. (Both records were displaced by a 1:34:53 run by 10-year-old **Hunter Perez** in 2013; his time wasn't made official until 2014.) Then there's **Jonah Gorevic** (top, left) of Rye, New York, who broke the mile record for 10-year-olds with a 5:01 at the Adidas Grand Prix. And watch out for **Will Stone** of Largo, Florida: He smashed the 13.1 record for 9-year-olds that had held since 1984 with →

Viral Victories



INSANE BOLT

Adam Campbell finished third at Colorado's Hardrock 100-miler in July and became an Internet celebrity. Why? Three-quarters through the race, Campbell and his pacer, Aaron Heidt, were indirectly struck by lightning. They were knocked down and felt the electrical surge—Campbell broke his headlamp—but with no shelter nearby, the two men determined they had no choice but to keep running.



FAST MOTHER

Five-time U.S. Outdoor 800-meter champion Alysia Montaño made buzz in June for competing at nationals while 34 weeks pregnant. She finished her 800-meter heat last, in 2:32, but scored a major victory for pregnant-running awareness. Montaño consulted closely with her doctor, who gave her the green light, which she told ESPN "took away any fear of what the outside world might think about a woman running during her pregnancy." In August, she gave birth to a baby girl.

FAST GRANNY

In June, 91-year-old Harriette Thompson ran the Rock 'n' Roll San Diego Marathon in 7:07, an age-group record by an hour and 46 minutes.



Race Trends of the Year

WHEELS OF DELIGHT

Environmentally friendly? Check. Fewer traffic jams? Check. Speedy postrace shuttling for runners? Check. This year's Beach to Beacon 10-K in Cape Elizabeth, Maine, was one of several races that featured bike services. At the point-to-point B2B (above), runners could cycle to the finish, take a bus to the starting line, and ride home at the end of their race, bypassing the postevent traffic crush. The L.A. Marathon offered **bike valets** this year, and San Francisco has been doing it since 2008. Next year the Portland Rock 'n' Roll half will join the club. Sore legs versus exhaust fumes and gridlock? Consider us down to ride.



and PHOTO FINISHERS

2014 was a good look for the San Francisco Marathon. Already an early adopter in bike valets, this year it became the first big-city race to offer runners **free race photos** via a partnership with Gameface Media. (The Portland Shamrock Run and the Warrior Dash series also offer this service.) Here's how it works: A sponsor, such as a shoe company, foots the bill and has its logo printed on all race photos—which runners can claim online and download for free (or order prints for a fee). It's a simple, ingenious solution to an age-old gripe—ugh, those overpriced "PROOF" images—that begs the question, What took so long?



Alexa Efraimson

Mary Cain

Sarah Baxter

➔ a 1:41 at February's Gasparilla Distance Classic. We're not sure how to feel about all of this, other than old. And slow.



RISE OF OISELLE

The apparel company has made a name for itself punching above its weight class. Sales of less than \$10 million didn't keep Oiselle from signing Olympian **Kara Goucher** or from thumbing its nose at Goliath—Oiselle got a cease-and-desist letter from USATF for an Instagram Photoshop that swapped the logo of the national team's sponsor for the individual sponsor logos of four athletes. The company, founded in 2007, has emphasized support of elites who may interrupt careers to start families, and has distinguished itself as a brand made **by women, for women**.



FALL OF MAN

As for the **running onesie** that Lululemon unveiled in July, our wear-tester, RW Writer at Large **Mark Remy**, had some concerns about how the one-piece, shirt-and-shorts combo might complicate bathroom breaks.



DAS RECORD

A year after his Kenyan countryman Wilson Kipsang set the marathon world record on the same flat, speedy Berlin course, 30-year-old **Dennis Kimetto** (above) became the first person in history to **break 2:03 over 26.2 miles**. His 2:02:57 finish at Berlin in September shattered Kipsang's mark by 25 seconds and even bested Geoffrey Mutai's 2:03:02 from the 2011 Boston Marathon (previously the fastest marathon ever, though ineligible for the record because of the point-to-point, downhill course). Including Kimetto's race, the last six men's marathon world records have been set in the German capital, all since 2003.



FLANAGAN FLIES

Although she came up short in both attempts, **Shalane Flanagan** dared to set lofty goals for herself—to win the **Boston Marathon**

and to break the **U.S. women's marathon record**. She achieved neither, but hardly failed: In a Boston heavy with emotion, the hometown hero led from the gun and, for the next 20 miles, set a scorching pace that would tee up Rita Jeptoo's course record. Flanagan finished seventh, but her time of 2:22:02 was a three-minute, 36-second PR and the fastest Boston ever by an American woman. Flanagan then turned to the flat-and-fast Berlin Marathon and Deena Kastor's U.S. record, a feat that would require another three-minute PR. She went out at a ferocious pace, good enough to set the American 25-K record along the way, but fell short of the ultimate mark. She still managed to PR in 2:21:14 and vault past her mentor Joan Benoit Samuelson to become the second-fastest U.S. woman ever.

DISQUALIFIED

In February, the U.S. Indoor Nationals were marred by **two erroneous disqualifications**, one of which invited speculation regarding Nike coach Alberto Salazar's ➔



Male Runner of the Year MEB KEFLEZIGHI

One first name was on each corner of the race bib: Martin. Krystle. Sean. Lingzi—the four people killed in the 2013 Boston attack. In the middle was another: MEB. As he charged down Boylston, the man wearing the bib looked anxiously over his shoulder as observers on the street and around the world screamed, "Go, go, go!" Then Meb Keflezighi, 39, five years after becoming the first American man to win the New York City Marathon in 27 years, became **the first American man to win Boston in 31 years**. His 2:08:37 finish was also a 31-second PR.



Female Runner of the Year JENNY SIMPSON

In an off year for track—no Olympics, no Worlds—Simpson refused to be ignored. At the Prefontaine Classic in May she set a 1500-meter PR of 3:58.28, then held off Mary Cain to win her first national 1500 title at the U.S. Outdoors in June. Six days later she placed second at the Paris Diamond League meet and lowered her PR to 3:57.22—a tenth of a second from Mary Decker Slaney's 31-year-old U.S. record. In August, at the Zurich DL meet, she won the 1500 by a hair and became the second nonsprinter American ever to win a DL points title. At press time she was the **number-one 1500-meter runner in the world**.



→ influence over the rulings. In that case, an official flagged contact between eventual 3000-meter champ **Gabriele Grunewald** and Salazar's athlete **Jordan Hasay** (both shown above). A referee decided no interference had occurred, and that decision was upheld. But then officials viewed higher-quality video and reversed the decision—DQing Grunewald and elevating Hasay to third place and a spot on the world indoors team. Two days later, after fan and athlete uproar—fueled by suspicion that a visibly heated Salazar bullied officials—Salazar withdrew his appeal and Grunewald was reinstated as the winner. The other DQ came in the men's 3000, when another Salazar athlete, Galen Rupp, was bumped by Ryan Hill. Somehow Andrew Bumbalough—who finished eighth—was identified as the offender and disqualified. A USATF report in July admitted mistakes, but the official record has not been corrected for Bumbalough.



FOR THE RECORD

Along with Dennis Kimetto, this year we also celebrate James Nielsen for smashing the **beer mile world record** with a time of 4:57 in April; 63-year-old Jon Sutherland for extending his U.S. **daily running streak** mark to 45 years and two days (see page 24); Tyler Andrews for a world record 1:07 half-marathon **on a treadmill**; and Olympic double gold medalist **Mo Farah** for **setting a Guinness World Record** by hopping 100 meters in 39.91 seconds—in a **potato sack**.



VIBRAM PAYS

In May, the maker of the minimalist Five Fingers running shoes agreed to settle →

Viral Fails



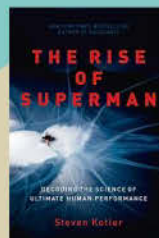
DREAM ON, MACDUFF

In July, the Internet had fun at the expense of an unidentified child in Scotland who tried valiantly to keep pace with the Kenyan front-runners at the women's marathon at the Commonwealth Games but had the misfortune of **tumbling face-first** on live television. In the boy's defense, two months earlier a grown-up reporter covering the Stockholm Marathon tried a similar stunt—ostensibly to ask a question of the two Kenyan leaders—only to be left in the dust in a matter of seconds. The lesson: Don't even try to keep up with the Kenyans.



NOT SO FAST, TAOUFIK

In May, Olympic 1500-meter gold medalist Taoufik Makhloufi of Algeria proved his own worst enemy when, holding a slim lead down the backstretch of an 800-meter race in Shanghai, he stuck out his tongue and **spread his arms in victory**, only to be nipped at the finish by hard-charging Kenyan Robert Biwott. A Universal Sports YouTube video of the race has nearly a half-million views; it's worth a click just for the five seconds of slow-motion wherein Makhloufi crosses the finish line.



Book of the Year

THE RISE OF SUPERMAN

If you've ever been out running and achieved an indescribable rhythm—flawless mechanics, a sharpened focus, an almost out-of-body clarity—you've likely experienced what Steven Kotler calls **flow**. Profiling elite “fringe” athletes from surfers to free-climbers, he argues that greatness is as much about breaking mental barriers as physical ones. (He notes it took nine years for the mile WR to go from 4:01.4 to Roger Bannister's 3:59.4, but only two months to get to 3:58.) And with training, Kotler contends, you, too, can master flow.



Movie of the Year

UNBROKEN

Okay, so we haven't actually seen it yet, but no 2014 film has us more excited than Angelina Jolie's adaptation of the Laura Hillenbrand book about Olympic track star and war hero **Louis Zamperini**. The Christmas Day premiere will be bittersweet, as Zamperini died on July 2 at age 97. But we can't think of a better way to end 2014 than to reflect on the man's incredible life.

Study of the Year

FIVE MINUTES A DAY

In August, the *Journal of the American College of Cardiology* published a **landmark paper** concluding that running even five to 10 minutes a day at less than 10 minutes per mile “is associated with markedly reduced risks of death from all causes.” No kidding!

➔ a lawsuit that alleged the company made false and unsubstantiated claims about the health benefits of its shoes. The **\$3.75 million settlement** came as a result of a class-action lawsuit filed against Vibram USA in March 2012; valid class members who purchased a pair of FiveFingers over a specific time period will be awarded up to \$94 per pair. In a court brief, Vibram maintained that it had committed no wrong.



PALEO MANIA

The **Paleo diet**—high protein, low carbs, nothing processed—is not new, but this year its popularity reached a critical mass. (None other than LeBron James adopted it this summer, leading to immediate, controversial weight loss.) The debate over whether or not it is right for runners has been especially contentious. Doctors acknowledge potential health benefits—the diet emphasizes vegetables, fruit, nuts, and grass-fed meat—but agree that a strict Paleo diet is too low in carbs for runners with intense training programs. The upshot? It's not a bad way to cut back on refined sugars, alcohol, and junk food—but carb-starved run-

ners should consider cheating for mid- and post-run fueling.



FUN RUN BUBBLE BURSTS?

In the wake of increased complaints about themed races being canceled without refunds, the Better Business Bureau issued a statement in July advising people to exercise caution before signing up for such races. Last fall, **The Great American Mud Run** series went out of business, and this June the **Electric-Foam 5-K** followed suit. Some established series have flourished, though, and in August *Forbes* reported that Tough Mudder, The Color Run, and Spartan Race continue to drive the growth of running's popularity. But that Soap-Bubble Neon Vampire 5-K Rave-a-thon next month? You might want to save yourself the headache—and the registration fee.



THE PISTORIUS CIRCUS

The murder trial of South African Olympian **Oscar Pistorius** played out like bad reality television. As the details of his 2013

shooting of girlfriend Reeva Steenkamp were examined on live television, the trial was interrupted by Pistorius vomiting and sobbing uncontrollably. In September, he was found not guilty of the most serious murder charges but was convicted of **culpable homicide** (similar to manslaughter). He was sentenced in October to a maximum of five years in prison.



SMARTWATCH REVOLUTION

Apple was not the first tech company to enter the smartwatch fray, but it's a big deal when the reigning industry heavyweight unveils a brand-new product. For runners, that's especially true with the **Apple Watch**, which CEO Tim Cook described as “a comprehensive health and fitness device.” Available in early 2015 (from \$349), it will track everyday activities (walking, sitting, standing), workouts, heart rate, and fitness goals, and features an array of other phone-like capabilities. It remains to be seen if the Apple Watch and/or its competitors will succeed in the marketplace, but one thing is certain: The future of tech is in wearables, and that's a good thing for runners. **EW**



Comeback of the Year GRIZZLY ENCOUNTER

In May, Jessica Gamboa, 25, experienced **a runner's worst nightmare**: She found herself between a grizzly bear and her cub. The mother of one and wife of an Army soldier—she was running on a military base in Anchorage—was charged by the bear, picked up, tossed, pummeled, and bitten. The bear eventually lost interest, and Gamboa credits her survival to playing dead. She had deep bite marks across her back, claw marks on one leg, and neck lacerations that were near-fatal—but three months later, despite serious pain, she finished Sacramento's Run on the Sly Half-Marathon in 3:05. In the best use of a cliché ever, she told Sacramento's KRCA: “What doesn't kill you makes you stronger.”

Quote & Photo of the Year



“This is for the people, for the Boston Strong.”

—MEB KEFLEZIGHI AFTER WINNING
THE BOSTON MARATHON

ENTER THE WORLD OF
LITERARY SENSATION
JAMIE QUATRO
AND PREPARE TO BE
HAUNTED—AND
MAYBE HEALED



**THE
WRITER
RUNNER**

**BY MICHAEL
HEALD**

PHOTOGRAPHS BY JOÃO CANZIANI

IT'S **AMAZING** HOW MUCH PERSONAL INFO GETS EXCHANGED WHEN YOU'RE ABOUT TO GO RUNNING FOR THE FIRST TIME WITH A **STRANGER**. OF COURSE,

there are the basics: weekly mileage, average pace, is either one of you currently training for a race? How do you feel about hills? Trails? Watches? What's your best time of day? And that's just the beginning, at least for me. Or perhaps I'm just an extreme case—the definition of oversharer—but by the time I finally go running with Jamie Quatro, she knows not only about my recent breakup and my mom's cancer, she also knows that I'm in pain. I don't mean just the emotional variety. I'm talking plantar fasciitis: a burning in my right heel that feels like it's never going to go away.

I reassure myself that it's only fair for her to know this stuff; after all, I've read her book. Twice. In a way, I already know all about her. More important, she's a mom herself. I can tell already that she gets me.

"I had a pretty bad case of plantar last year," Quatro admits, never breaking eye contact even while locating the "Apple+S" with thumb and forefinger and closing up her laptop. I've caught her at the end of her morning writing session at her favorite coffee shop in Chattanooga. "What kind of insoles are you using?"

"Insoles?" I say, as if she's suggesting amputation.

"Powersteps!" she says, almost jumping out of her chair with excitement. "Let's go get you some. Maybe this trip is gonna be about healing."

EVERYONE TALKS about "escaping" into a book, but even as a kid, the escape was never what I looked for. The characters might not resemble me in the slightest, the setting might be totally unfamiliar, but I've always hoped to find

some new piece of myself—a string of words capturing my own feelings exactly. My favorite kind of reading is like looking through a window at a rain-storm: You're staying dry, but once in a while, the light might allow you to see your own reflection out in it.

Last winter, when Mom was well, when I could do such things as read entire books in single sittings, I burned through Jamie Quatro's *I Want to Show You More*. There is such a scarcity of good literature about running (it's a struggle to name one running-related novel or short story not by Alan Sillitoe or John L. Parker, Jr.) that Quatro's debut short-story collection hit me even harder than it hit the critics. And it hit the critics pretty hard.

Quatro, age 43, has had the kind of year most writers will never have. *I Want to Show You More* wowed the tastemakers at *The New Yorker* and *The*

New York Times, and came out in paperback earlier this year. "There's so much in these stories that's shocking," wrote Dwight Garner in *The New York Times*. "Yet there's so much solace." Her work has most often been compared to one of the giants of the form: Flannery O'Connor. This comparison holds water—both writers are concerned with matters of faith, and unafraid to peel away the darkest aspects of human behavior. The rare instances of redemption feel hard-won, brutally authentic. And the passages about running? In Quatro's hands, our sport is both transcendent and terrifying.

I've arranged to spend a couple of days visiting Quatro on Lookout Mountain, Georgia, where she lives with her husband, Scott, and four kids. She's taking me running on her usual, everyday route. The idea is to talk about where her stories come from. Running as part

Quatro at The Camp House, a Chattanooga cafe and office away from home.



of the creative process. A profile of one of the most literary runners in North America: That is the essay my editor is expecting. But all I really want to talk about is how much I already miss Mom.

WE DRIVE THROUGH downtown Chattanooga, cross over the Tennessee River, and park behind Fast Break Athletics, the local running store. As soon as we're inside, I realize that Quatro is multitasking: She's picking up a new pair of shoes while I try out the insoles. She runs 30 to 35 miles a week, about twice my average, and clearly shops here a lot. The first employee we encounter, Michael Green, knows exactly her model and size. I'm too distracted by a framed article from a 2002 issue of this magazine to jump in on the conversation.

"Now I'm hoping you'll be able to take care of Michael," Quatro says to Green, and goes on to explain my problem.

As Green pulls out my beaten blue insoles and slides the bright new orange ones into my aging running shoes, I try to reconcile the fierce, often disturbing intelligence behind *I Want to Show You More* with the friendly woman worrying about my foot. It's hard to imagine her at work. But I know that running is a big part of her process. Before the advent of smartphones, Quatro sometimes used to stop on her long runs, pick up a stick, and scratch a word or two into her arm to remind her what to do with a story when she got back home. Her best-known story, "Ladies and Gentlemen of the Pavement," a twisted tale about a futuristic marathon in which the already sadistic elements of running 26.2 turn totally unforgettable (in Quatro's race, the runners must carry statues—the majority grotesque, a select few breathtakingly beautiful), came out of the frustration of getting a stress fracture while training for her first marathon.

"It was my first stress fracture," she explains, "in my femur. I ended up running the half, and after a second stress fracture, I decided I would have to let the marathon dream die. So if you want to go there, there's a literal and personal interpretation of the ending of 'Ladies and Gentlemen': *Jamie, if you push to 26.2, you will die. Your femur will snap.* And yet I knew it was ridiculous to think I couldn't be a 'real' runner unless I'd done a marathon.

"When people say the short story is practice for the novel," she continues, "or that you're not a 'great' writer unless you've written a novel, I always think:

That's like saying the half-marathon is practice for the marathon, or that the half is easier to run than the full, or that you're not a 'great' runner unless you've done a marathon. Each distance—each literary form—is its own thing, with its own challenges and heartbreaks."

I'm nodding enthusiastically. As a failed novelist turned essayist (and as a runner who has yet to so much as attempt a half-marathon), I find what she's saying totally life-affirming.

"Running isn't about what distances you've raced," she reminds me. "Or even if you've done a race. So there might be a bit of that type of thinking in 'Ladies and Gentlemen,' a bit of a thumb-to-the-nose to folks who say you have to run a marathon or write a novel to be legit. Not enough of us are talking about what a holistic sport it is, or should be. It's about staying fit and pushing yourself to achieve and surpass goals, sure; but it's also about personal and spiritual growth, creativity, mental clarity, and emotional stability. I find these things in running. Even if I can only do a couple miles at a 10-minute pace."

Of course, anyone who runs as much as Quatro runs has a great deal of self-discipline: at least twice as much as I do, if these things can be measured (and I kind of think they can). And so it's with a sense of relief that I hear her confess about wasting so much time on Facebook that she'll often ask Scott to change her password and withhold it until she's worked out the crux of a story.

"That's where running is so unique," she says. When she's done for the day, or when she just needs a break, she'll put on her shoes, and within a mile or two be totally absorbed, just relaxing into her run, when suddenly she'll realize that what she's actually doing is figuring things out, thinking back over what she worked on that morning. "Most of my best ideas come away from the computer," she explains. "That kind of reflection just isn't possible online."

Green hands me my shoes, and I slip my feet back into them. I don't know how else to say it. They feel...new.

ON OUR WAY up Lookout Mountain, the fabric of Quatro's book begins to unfold before us. "So now we're on 58 South," she tells me, pointing at the sign, "the road where that first line comes from." It's almost like she's showing me a note on a napkin, that first flash of a story.

I know exactly which sentence she's talking about. "Dying is like driving south up a mountain," a young mother

tells her husband at the beginning of "Georgia the Whole Time." Readers know already from an earlier story in the collection that this character will lose her fight with cancer, and so the unconventional chronology stirs an almost unbearable sadness into every little corner of the latter story. After re-reading "Georgia" on the plane in from Portland, Oregon, yesterday, I pressed my forehead to the plexiglass and waited for my shoulders to stop shaking.

Lookout Mountain is one of those weirdo geological marvels that, like Herman Melville's Mount Greylock (allegedly the inspiration for Moby Dick), seem designed to inspire great American literature. Seventy-five miles long, rising out of the lowlands of Georgia and Alabama, its two brows meet at an abrupt, towering end above the city of Chattanooga. From below, the massive, cliff-studded face resembles a turn-of-another-century steamship. How appropriate, that the mountain seems forever poised to churn defiantly northward: One of the epic stands of the Confederacy ended on a meadow just below the summit in November 1863. By the end of "Georgia the Whole Time," Quatro's heroine has decided for the remainder of her life to avoid 58 South, the road we're on, and take the round-about way up, where "there are no signs about battles."

Jamie and Scott are relatively new to the South, having moved from Arizona only eight years ago. Until arriving here, they'd been bounced around the country, chasing Ph.D.s (Jamie has literary degrees from Bennington, William & Mary, and Pepperdine) and teaching jobs (Scott is now a professor at a local college) while somehow managing to start their family. But no matter where they've lived, one constant for Jamie has been running: entering the landscape every day. And so, perhaps unsurprisingly, the South is already all over her writing.

Despite the abundant sunshine, it's cold in Tennessee. Or are we in Georgia yet? Once we reach the plateau atop Lookout Mountain, the cliffs give way to rolling green lawns and windy roads: the pre-strip mall suburban dream. The town of Lookout Mountain straddles the border between the two states, an oddity that Quatro explores throughout her book. In "Georgia the Whole Time," the difference between the states is felt most significantly by the difference in leash laws: Georgian dogs are allowed to wander. "Every time I hear that another

dog has been hit by a car,” Quatro writes, “I know which side it lived on.”

Now, she confirms that the law is a real thing. “Sometimes when I’m out running,” she says, “a Georgian dog will decide to tag along. It makes me nervous. There’s not much I can do except avoid the houses where the most curious dogs live—and run on the Tennessee side.”

Something about how the story and the road and my own circumstances have aligned makes me feel comfortable asking Quatro if she’s lost her own mother. “I’ve lost friends,” she says, “but my mom is doing well.”

As we’re nearing her house, I ask if we’ll pass by the four-way intersection at the border between Georgia and Tennessee. “Michael,” she says, “there is no intersection at the border. It’s fiction. A couple folks up here have given me grief for getting the facts wrong. But that’s one of my favorite parts of fiction. Moving real things around.”

TWO DAYS AGO, my mom was playing around with her oxygen. When she retucked the tubes behind her ears and asked me how they looked, I was briefly reminded of how she used to put on a pair of sunglasses. “What’s this lady’s name again?” she asked me.

“Jamie.”

“Okay,” she said, “I promise not to die while you’re in Georgia interviewing Jamie.”

I made an exaggerated inhalation. Mom closed her mouth and imitated me. She’d always been a mouth breather, but finally, at 70, she was learning how to breathe through her nose. Otherwise the oxygen would really have been sort of pointless. She and I were both chronically stuffed up; if not for the thrum and gurgle of the oxygen machine, the rest

of the family would have been able to hear us breathing from out where they were waiting in the living room.

“Is that any better?” she asked.

“Closer,” I said, sucking air back in through my nostrils. “But once isn’t enough. You have to keep doing it.”

“I was talking about your trip. Do you feel any better about going after hearing me say that?”

“Sure,” I said, as if she were offering to pick me up from the airport.

“And I promise not to call up Jamie and say,” here she made her voice sound as tiny and ridiculous as possible, “‘Jamie, put Michael on the phone, this is his mother. I’m dying.’”

We both laughed.

“Go,” she said. “Go. I’ll be here when you get back.”

WE’RE WALKING down Quatro’s driveway, shivering in the cold sunlight, our sleeves pulled over our hands. We’re not running yet, but we’re finally really talking about it. “It was the thing that saved me after my fourth child was born,” Quatro confesses. “We had four kids in five years, all by the time I was

30, and I had postpartum depression after number four.”

I’ve just met two of the four Quatro kids, not to mention their dog, but she has asked me to respect the privacy of her family, so I’m going to describe the kids as “teenage” and the dog as “dog-like” and leave it at that. Considering that many of the stories in her book feature a mother-of-four involved in a highly charged, long-distance affair, the maternal instinct to protect her brood from unsavory journalism confusing fiction with fact seems not only wise, but refreshing in this don’t-forget-to-tag-me-on-Facebook age.

“The doctor told me I could treat it with Lexapro or vigorous exercise,” she continues. “Easy choice.”

“Wow.”

“It’s amazing,” she says, “the things that can happen on a run. Especially when I go straight from writing to running, all these solutions will occur to me.” She goes on to admit that sometimes when she gets home from a run, she’ll be in such a hurry to get her ideas down that she often neglects stretching. “The kids will be like, ‘Mom!’ and I’m

HER BEST-KNOWN STORY IS ABOUT A FUTURISTIC MARATHON IN WHICH THE SADISTIC ELEMENTS OF RUNNING 26.2 TURN TOTALLY UNFORGETTABLE.



A RUNNER’S HIGH

Excerpted from “Ladies and Gentlemen of the Pavement,” a short story by Jamie Quatro

YOU HEAR A LOT about the so-called runner’s high. Before I was a runner, I figured if there was such a thing, it would hit you like an injection. You’d be jogging along and zing—a sudden leap into euphoria, the overwhelming desire to jump for joy and shout hallelujah. But it’s not like that. It’s a gradual transition into a state of mental clarity. You don’t realize it’s happening until you’re there. For me it begins around mile eight. The smallest details

become sharp. My senses open up and I can take everything in—telephone wires silhouetted against blue sky, layered bark on the trunk of a tree. The *chuk-chuk-chuk* of a woodpecker.

By mile ten I no longer feel my feet touching the ground. It’s as if my mind has entered its own physical space, apart from my body, as if my body is dead but in no pain—never any pain, these middle miles. Because my body is gone, or more accurately, is on

autopilot, my mind is free to roam. This separation of mind from flesh, spirit from matter, is what keeps me coming back for more, despite the fact that I keep bonking.

Excerpted from *I Want to Show You More* © 2013 by Jamie Quatro; reprinted with the permission of the publisher, Grove/Atlantic, Inc. “Ladies and Gentlemen of the Pavement” originally appeared in slightly different form in *The Cincinnati Review*.



like, ‘Out of my way, where’s my laptop!’ But other times I’ll come home to them and think, *Ahhhh, it’s so nice to not be writing right now.*”

“Is it easier to run than to write?”

She pauses. “Writing is hard,” she says. “Much harder than running. Most days I’d rather run than write.”

“I’m so glad to hear you say that,” I admit. The truth is, I’m never more eager to lace up my shoes than when my own writing is going poorly. We joke about how running has become our drug of choice.

Quatro goes on to tell me that she does not buy into the myth of the hard-drinking writer. “‘Keep a clean life so you can be messy on the page,’” she says. “I believe in that motto. That said, my tolerance has gone up. These days it takes a bit longer for the endorphins to hit.”

We’re standing in the middle of the road, waiting for one of us to make a move. I know from all the e-mailing leading up to this that we’re going to run a tiny bit slower than I’m used to running, and that right around mile seven she’s going to start feeling really awesome and I’m going to start feeling really tired. She warns me that after hurting herself a couple times on Lookout’s uneven terrain, she has taken to walking some of the steeper downhill in the name of staying healthy. “The injuries have really forced me to reevaluate,” she says. “The first time I ran after the stress fracture—and it was only for a mile or so—I almost wept with joy.”

Silenced by that thought, I bounce on my toes, and suddenly we’re in motion. There’s that awkward moment of trying to match a new running buddy’s pace, while wondering if the new running buddy might be attempting, perhaps subconsciously, to bridge the gap. Which would mean that this pace we’re running isn’t actually either one of our paces, but rather a crude kind of guess. But it only takes a couple rounds of “Is this pace okay?” for it to begin feeling truly okay. Only now do I realize to what degree I’ve been craving this all day.

While attempting to ignore the usual first-mile burning in my heel, I wonder, not for the first time, if maybe I’ve been pushing it too much. Compared to other people, I may not run an awful lot, but it sure feels like a lot to me. Especially this past month: Most days it’s the only thing I feel justified leaving the house for. I’ve been measuring my breaks in terms of miles. Two days ago I took an eight-mile break on Wildwood Trail. But this—this is a 2,000-mile break. Some-

time today, like possibly even right now, we’ll be getting the results from last week’s biopsy. I can’t quite believe that the rest of my family might be sitting in the oncologist’s office right now; that I’m not with them, clinging to the shreds of our collective hope. What am I doing? Why am I running?

THE STORY that brought me here comes about two-thirds of the way through the collection. “Sinkhole” is set at a Bible-study summer camp, where a 15-year-old running prodigy is battling what appear to be pretty much the most frightening panic attacks ever. Whenever he feels anyone getting too close, this spot in the middle of his chest, “like a scar that cannot be touched by anyone or anything,” begins to open. This is his Sinkhole, and if he doesn’t lie down

and do this thing he calls “the Gesture,” which basically involves massaging the air right in front of his Sinkhole, slowly closing it up, the Sinkhole will spiral all the way to his heart and kill him.

And yet, when he sets out on the trails, he actually tries to bring on the Sinkhole, as if it’s some kind of transcendent runner’s high:

These early minutes are the gray space, the bland miles I have to run through before the prickling starts and the God rhythms pulse in my heart and I have to trick myself into not listening.

My therapist says when this happens, it’s the first hit of endorphins. It’s not God, it’s biology, he says.

My therapist is not a runner.

The story’s ending, like Quatro’s family, is indescribable. “I wanted to write about an exorcism in which neither



One of Quatro’s regular runs on Lookout Mountain, Georgia.

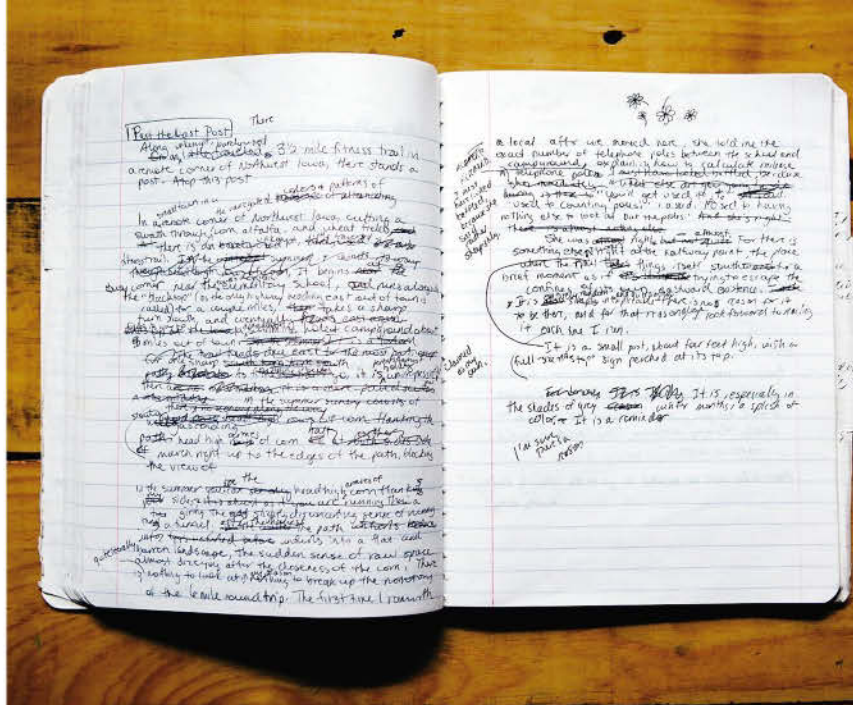
character realized what was happening to the other,” she tells me now. “And turn awkward teenage sex on its head.”

“It’s so close to being a happy ending,” I say. “Which is why that gap between them is so sad.”

Somehow the story weaves together all these seemingly unrelated threads—religion, illness, adolescence, and, yes, sex—and ends up capturing the desperate interior life of a 15-year-old as well as anything I’ve ever read. In “Sinkhole,” Quatro gives us life as it is most intensely lived. On a purely technical level, the story floors me, but the thing that got me on the plane to Tennessee was this curiosity, this need to know: How does this lady know so much, not just about me, but about all of us?

I’M FILLING the cold air with questions, mostly about her “process” and “craft,” which she graciously answers. This loop, she explains, she usually does solo. A number of stories she’s currently working on are set at various landmarks along this route. I think about my stomping grounds back in Oregon, how bored I get of the usual twists and turns. How blind I have been to the possibilities in my own landscape. We end up talking about the difference between “looking” and “seeing,” a.k.a. the difference between art and everything else.

But I can’t shake the notion that there’s something I’m not asking. Or something she’s not saying. Eventually, around the three-mile point, when running begins to feel like the most natural thing we could be doing, the questions taper off. We’re gliding along a quiet, curvy road toward Point Park, where



Ideas for *Runner's World* in a Quatro journal dating to 2000.

the eastern brow of Lookout Mountain will meet its western brow—the front of the ship, in other words. Legend has it you can see seven states from the top of Lookout, and the occasional glimpse reveals what, for all I know, might be the entire brush stroke of Tennessee.

As we pass a sign for the Lookout Mountain Incline Railway, the country’s steepest passenger railway, Quatro ducks inside the tiny terminal. I chase her through the lobby, suddenly self-conscious of my running tights, and out to the deck, where we peer over the railing at the track plummeting down toward Chattanooga like a ski jump

with no jump. A tourist trap, I assume, until Quatro explains that the doctors and nurses who commute down to the city take the Incline when snow or ice makes the drive too treacherous. I would scoff at this suggestion of winter in the South except that when I arrived yesterday, despite the flowering dogwoods and cherry blossoms exploding outside my rental car windshield, I was met by snow flurries.

“Snow out of season,” Quatro says slowly. “That might be a good place to begin.”

It takes me a second to realize that she’s talking about my mom, about the cancer, about my own story. “I keep thinking that maybe you should be the one writing this essay,” I say.

“Actually,” she says, laughing, “I used to dream of writing for *Runner's World*. I’d look at the Rave Run, at the picture of some admittedly picturesque place, and think, *But mine are so much better*.” She pulls back from the railing and we head back toward the lobby. Just before reentering the lobby, she freezes midstride, glancing back at me. “Many years ago,” she confesses, “when we were living in Iowa and I was in the midst of having all these children, I might have even sent in an essay to the magazine.”

“What?” I sputter, delighted by this image: the twenty-something Quatro, unpublished, searching, a decade before the stories that would change her life.

“It was about this bizarre stop sign in the middle of a (Continued on page 114)

Michael Heald (left) with his mother, Debby Rankin, and brother, Dave, c. 1986.



PHOTOGRAPH BY LARRY HEALD

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RW SHOE FINDER



FINDING THE RIGHT PAIR of shoes is a highly subjective exercise, but we've simplified the task by reviewing 12 top new models. To find the best pair for you, answer the questions in this flowchart. Your choices will lead to a set of options tailored to meet your needs and preferences. For more reviews, see runnersworld.com/shoefinder.

(1) BODY MASS INDEX (BMI)

BMI is calculated from your weight and height, and offers a fairly reliable indication of body fat. Generally, the higher your BMI, the more shoe you need.

0	19	20	25	26+
UNDERWEIGHT		OPTIMAL		OVERWEIGHT

Find your BMI at runnersworld.com/bmi.

START!

Are you looking for a traditional running shoe?

NOT NECESSARILY

YES

What is your weekly mileage?

LESS THAN 18

MORE THAN 32

18-32

Is your BMI 26 or greater?

SEE (1), ABOVE

NO

YES

FLAT

What is your arch type?

SEE (2), AT RIGHT

HIGH

NORMAL

YES

Are you injury prone?

SEE (4), FAR RIGHT

NO

1 OPTION

3 OPTIONS

5 OPTIONS

(2) ARCH TYPE



NORMAL

Normal-arched runners commonly have normal pronation—the natural rolling of the foot after impact that dissipates shock. These runners can wear just about any shoe.



HIGH

When you have high arches, your feet don't roll enough, so the legs absorb extra shock. Runners should seek added cushioning but not extra support.



FLAT

Flat-footed runners often over-pronate; their feet roll inward more than the ideal amount, increasing the risk of injury. Added cushioning and support can help.

Find your arch type at runnersworld.com/wettest.

MORE SHOE



Brooks Adrenaline GTS 15
p. 96

Best Update



Asics Gel-Kayano 21
p. 96

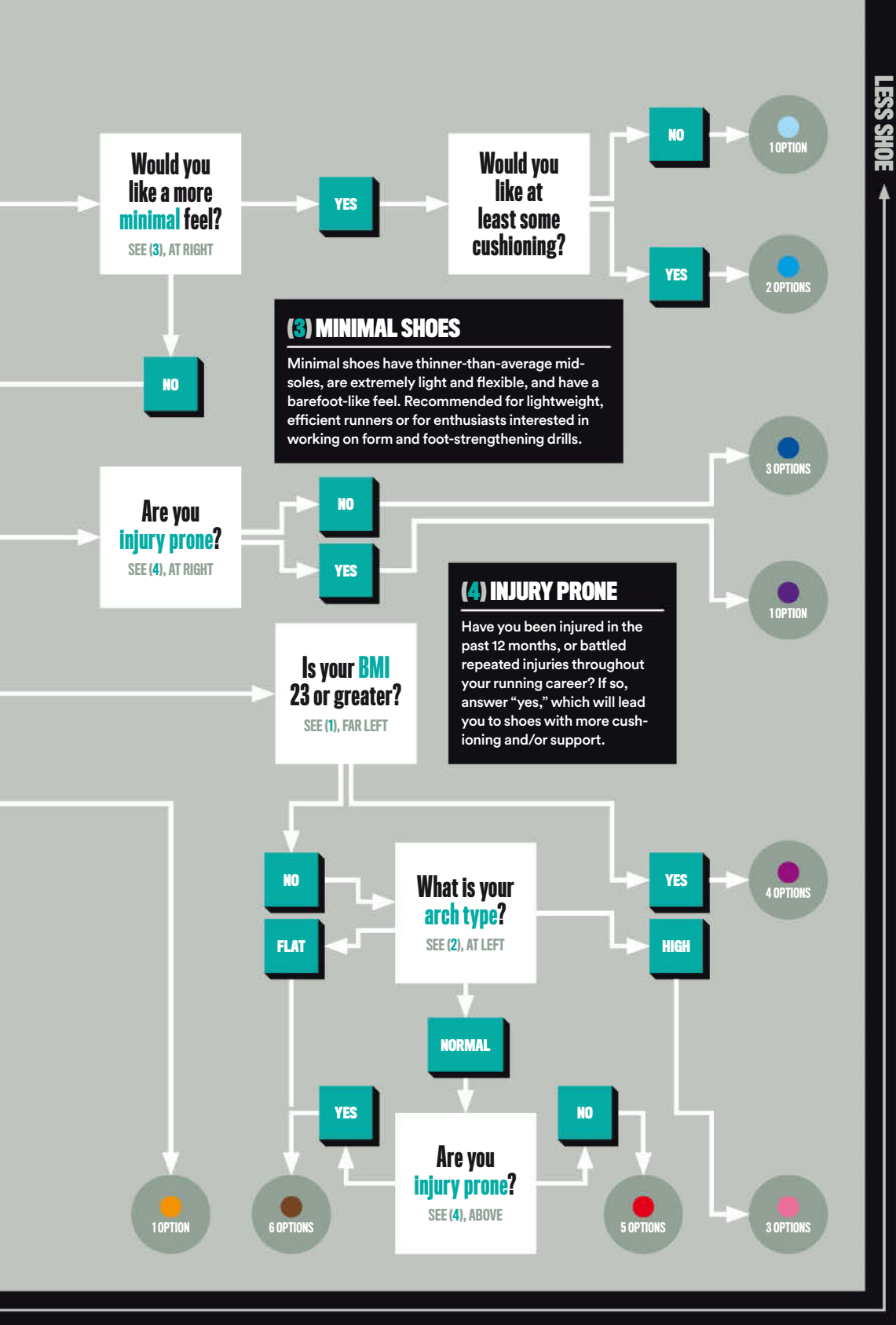


Asics GT-2000 3
p. 97

Best Buy



Karhu Fast 5 Fulcrum
p. 96



Altra 3 Sum 1.5
p. 100



Puma Faas 300 V3
p. 100



Topo Athletic Runduro
p. 100



Adidas Response Boost Techft
p. 98



Adidas Supernova Glide 7
p. 98

Editor's
Choice



Nike Zoom Structure 18
p. 97



Hoka One One Huaka
p. 97

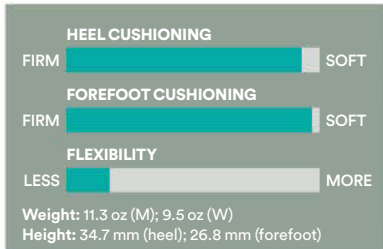


Newton Motion III
p. 98



Asics Gel-Kayano 21 \$160

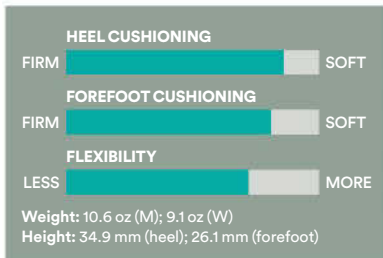
The 21 is the lightest Kayano yet with better cushioning, thanks to a new two-layer midsole foam design. Overlays on the upper are fewer in number but more strategically placed for added comfort. "I ran in versions 15 and 16, and just when I thought the shoe could not get any better, the 21 exceeded my expectations," says wear-tester Peter Vuong, from Allentown, Pennsylvania. **BOTTOM LINE:** The go-to shoe when you've got big miles on the horizon.



Karhu Fast 5 Fulcrum \$140

According to lab tests, the Fulcrum is softer than previous versions—thanks in part to the EVA foam wedge in the midfoot—with a more traditional feel from heel-strike to toe-off. Along with better cushioning, the shoe scored higher than average in forefoot flexibility. "A great balance of comfort and weight," says Frank Davis from Allentown.

BOTTOM LINE: For speed studs looking for a soft yet sprightly feel.



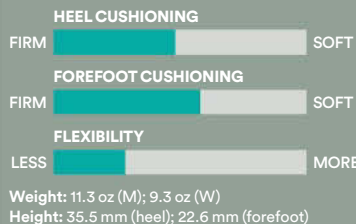
More segments on the outsole make for a smoother ride.

BROOKS ADRENALINE GTS 15 \$120

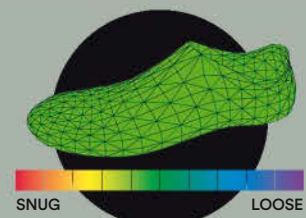
Brooks took the qualities you've always loved about the GTS and made them even better. Formerly, the segmented crash pad on the sole was just in the heel; in the 15, it extends the full length of the shoe, offering a smoother landing from heel-strike to toe-off. The shoe also sports a new blended midsole material that's slightly softer now, according to RW Shoe Lab tests, providing a better feel under-

foot. Plus, a new upper with fewer stitched overlays helps reduce risk of irritation. Our tests revealed a slightly stiffer forefoot this time around, and at 11.3 ounces, the shoe is one of the heftiest of the bunch—but testers didn't complain. "It fit well in all the right places," says Jill Miller of Allentown.

BOTTOM LINE: With a stable platform and a great fit, what's not to like?



HOW IT FITS: Scans from Shoefit, a company that makes 3-D images showing how a shoe fits, reveal that the Adrenaline has zero fit issues in the heel, midfoot, or forefoot, indicated here by the uniform green coloring. The images confirm testers' impressions, many of whom raved about the übercomfy forefoot. To see scans of all shoes in this guide, visit runnersworld.com/shoefinder.





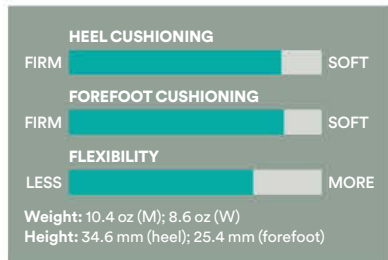
Hoka One One Huaka \$150

Hoka is back, with another love-it-or-leave-it design. The Huaka retains the brand's signature plush feel in the forefoot (check out that cushioning score!), but its heel softness was about average. That's because Hoka designed the shoe with performance in mind: It eliminated midsole material to reduce weight and nudge the shoe a bit closer to the ground, and incorporated no-tie laces. **BOTTOM LINE:** For cushion-cravers with a need for speed.



Nike Zoom Structure 18 \$120

For a shoe that's been around since 1991, the 18 is a major update. Our lab tests found that the shoe is softer, with a beefier medial post for more stability. Adding to the overhaul is a mesh upper that locks the foot over the midsole. One gripe: Runners roll off a supportive rear foot into a relatively unsupportive forefoot, so for some, the transition from heel-strike to toe-off felt uneven. **BOTTOM LINE:** Soft and stable, the Zoom will take you places.



Asics shifted their logo back to avoid potential irritation.



ASICS GT-2000 3 \$120

Go ahead—pile on the miles. You'll get plenty of protection from a new midsole design that sandwiches the Asics trademark Gel between layers of soft foam. The outsole is also more segmented beneath the heel for a smoother landing. The result? A dream update to an already superb ride. Look closely and you'll see that

the logo has shifted back to really open up the forefoot—a design shift meant to avoid forefoot irritation.

"Comfortable and stable, it's a great high-mileage shoe," says Chris Vincent from East Lansing, Michigan. With all those updates coming in at the same price as last year's model, it's our pick for your money.

BOTTOM LINE: Provides the perfect fit for runners big and small.



TESTER'S TAKE

NAME: Gretchen Carosella
AGE: 44
HEIGHT: 5'2"
WEIGHT: 127
ARCH TYPE: Normal
MILES PER WEEK: 20
HOME: Allentown, PA
OCCUPATION: Homemaker



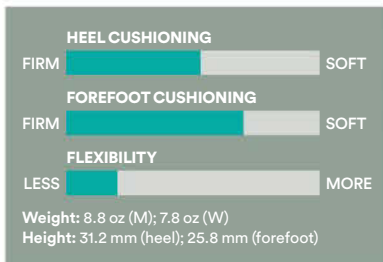
"I run on sidewalks and pavement, so I need a solid, sturdy shoe that doesn't feel heavy. The 2000 fit the bill. Heel support and forefoot cushioning were exceptional, and the fit was comfortable—especially in the toebox, which was wrapped in an airy mesh that gave my toes room to breathe."



Newton Motion III \$175

Newtons are designed to encourage a forefoot landing; engineers added a fifth lug to their signature outsole design to disperse the impact load more evenly and give the shoe a smoother underfoot feel. Testers dug it: “The lugs took me only a few days to get used to, and when I did, the feel was outstanding,” says Dean Williams of San Diego.

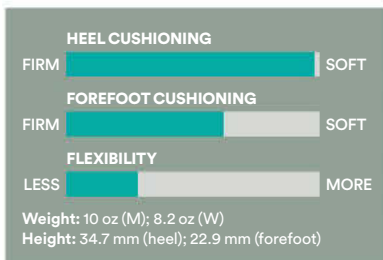
BOTTOM LINE: For runners looking to change up their landing.



Adidas Response Boost Techft \$100

Sections of durable foam in the heel give this shoe the softest rating of the group, while a cheaper midsole foam makes it an affordable alternative. “The shoe was light and responsive,” says Anthony Klingler of East Lansing. Other testers noted too few eyelets, which made it hard to lock down the shoe over the midfoot.

BOTTOM LINE: Great value in a soft package.

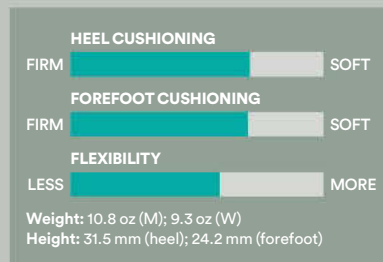


ADIDAS SUPERNOVA GLIDE 7 \$130

Adidas didn't mess too much with this update, and we're glad. Manufacturers tend to over-engineer successive versions, which can lead to iterations that are a step backward. The Glide 6 won Editor's Choice in our Spring Shoe Guide (March 2014), and the Glide 7 wins here, too, because of its great ride and superlative feel. “The

soft, durable Boost foam made for a supple feel underfoot, which gave life to my tired legs,” says tester Brian Dalek from Allentown. On the midfoot, welds replace stitching on the upper to reduce potential irritation, and on the women's shoe, a stretchier mesh accommodates wider feet. Available December 1.

BOTTOM LINE: A durable workhorse with a soft, superb fit.



TESTER'S TAKE

NAME: Andrew Izzo
AGE: 26
HEIGHT: 5'9"
WEIGHT: 140
ARCH TYPE: Normal
MILES PER WEEK: 30
HOME: Lansing, MI
OCCUPATION: Med student



“The shoe has outstanding cushioning, and provides a good balance of stability and comfort. Whether I was wearing my wool socks on cool morning workouts or thinner socks on hot days, the fit was the same. The upper wraps the foot gently, while still maintaining a snug and stable fit.”

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Testers loved the roomy toebox.



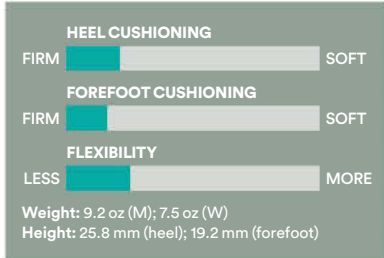
At 7.7 ounces for men and 6.2 for women, it's the lightest of the group.



Topo Athletic Runduro \$120

Testers liked the weight, traction, and durable outsole of the Runduro, but what they really loved was the roomy, bunion-friendly toebox. The screw-down, one-hand-only lacing system was a big hit, too. Made of aircraft-grade stainless steel, the laces help maintain the shoe's light weight when conditions turn wet and muddy. Each turn of the dial secures laces by one millimeter, which allowed testers to get a precise, secure fit.

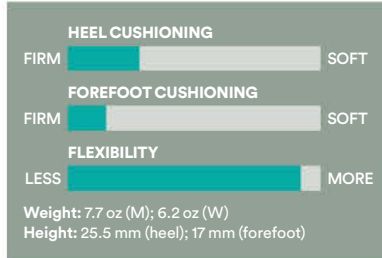
BOTTOM LINE: For runners craving durability—and something different.



Puma Faas 300 V3 \$90

The outsole of the Faas 300 features a thick slab of abrasion-resistant rubber that helps prop the heel about eight millimeters above the forefoot and adds durability. Also comprising the outsole is a blown rubber compound that helps keep the shoe light and cushioned. The overall effect is a featherweight, fast shoe with a more traditional underfoot feel. While the upper got raves for comfort, some testers felt the toebox could have been wider.

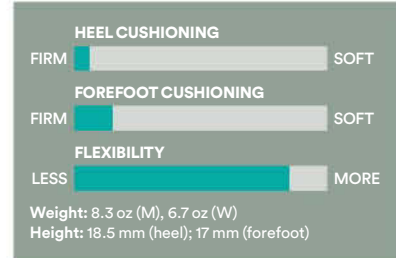
BOTTOM LINE: Great when you need a single shoe to go fast, easy, and long.



Altra 3 Sum 1.5 \$130

Designed for the tri crowd, it was love at first yank. The Sum 1.5 is a minor update (hence the 1.5 rather than 2), but testers relished the fit and comfort. Like its predecessor, it sports a stretch lacing system, drainage holes in the midsole, loops in the rearfoot and over the tongue for quick and easy on and off, and Altra's signature foot-shaped toebox and virtually level platform. On this version, the upper is a single mesh layer for superior on-skin feel.

BOTTOM LINE: A slipper-like shoe for the three-sport crew.



DECIPHERING THE DATA

At the RW Shoe Lab, an independent testing facility in Portland, Oregon, we mechanically test each shoe we review. The results show how each stacks up against the average running shoe for cushioning (how soft or firm the shoe's sole is in the heel and forefoot) and flexibility (how much effort it takes to flex the shoe at toe-off), on a scale of 0 to 100. Average falls squarely in the middle at 50. The results displayed here are for a men's size 9. For example, the Hoka One One Huaka (page 97) has more cushioning in the forefoot than average (its shaded bar skews toward the "soft" end of the scale), but it's far less flexible than the average running shoe; it's at the "stiff" end of the graph.

RUNNER'S WORLD

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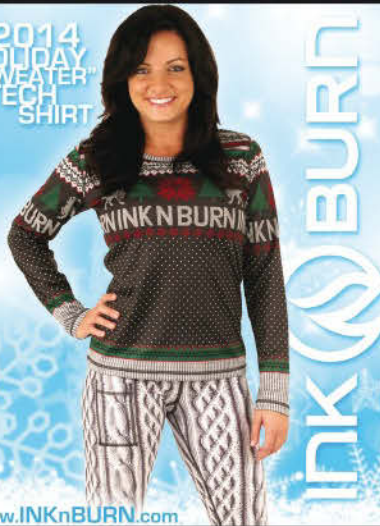
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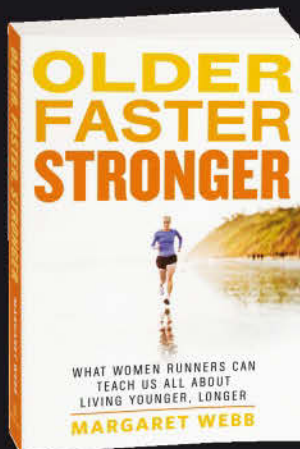
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FUEL UP

With dazzling lake views, the century-old Crater Lake Lodge (the only hotel in Crater Lake National Park) offers an ideal spot for a meal. craterlakelodges.com

When Mount Mazama in southern Oregon erupted and collapsed nearly 8,000 years ago, it formed a six-mile-wide, 3,900-foot-deep basin that, over time, partially filled with water and came to be known as Crater Lake. In 1976, local runners decided that the roads around it—lined with hemlocks, firs, and pines, and sporting stellar views—would make for a great race. Every August since, runners have come to gut out distances of 6.7, 13, and 26.2 miles at elevations that range from 5,980 to 7,850 feet. It's not for the weak of lungs, but despite the challenging terrain, this small (around 500 entrants), low-key event has landed on many a runner's bucket list. We asked a few participants to tell us why. ➔

● Helpful Hosts

"I'm usually a big-race person, but the race director gave it a personal touch you won't find in New York or Chicago. He took my phone calls before the event and gave me directions. At the meeting the day before the race, he showed us a video so we'd know what to expect—making sure we were ready for the elevation and had the right clothes. He went out of his way to guarantee a great experience."

—BRIDGET DEGNAN, 33, WYNANTSKILL, NEW YORK

● Speedy Start

"The first nine miles are blissful. You start running downhill, taking in nature and the fresh air. Everybody's excited. But the field spreads out quickly, so soon you're alone in nature. One moment you're looking at a forest, and the next you're staring at a lake that's filling up the top of the mountain. In the morning at dawn, the lake is like silver: an amazing, still, reflective surface. It's magical."

—NICOLE NELSON, 35, EUGENE, OREGON

● Challenging Terrain

"I've run about 120 or 125 marathons, and this is my favorite. The course and the altitude are tough, though. From about mile nine through 13, it's uphill [a gain of almost 1,000 vertical feet]. When I'm out there, I think about the friend who introduced me to this race. He was a pretty dear friend, and he died a few years ago. There aren't a lot of people on the course, so you have to find your own inspiration."

—ED HANSEN, 68, STAYTON, OREGON

● Varied Distances

"We camp out at Diamond Lake [nestled between two inactive volcanoes just north of the park] and make it a family reunion. We've been doing that for about 20 years. This year, two cousins and two nephews ran the 6.7- and 13-mile races, and another cousin ran the marathon with me."

—MARTIN BALDING, 77, SUSANVILLE, CALIFORNIA

CELEBRATE

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Ask Coach Jenny Tips and tactics for first-time trail racers

What should I wear?

Aside from the obvious—trail shoes you've trained in—consider nylon gaiters, which attach to your shoes and wrap around your ankles to keep dirt, rocks, or sand out. Cover your legs with tights or compression socks to guard against scratches from plants along the trail. If you're wearing glasses or sunglasses, make sure the lenses are shatterproof in case branches fly back and hit you in the eyes.

How can I avoid getting lost?

If the race offers a prerace course talk, go—the race director may mention any especially tricky spots to watch for. If not, study the map in advance to know when to expect landmarks and aid stations, and carry a copy with you. Most trail races are well-marked, but you may be looking at the ground to avoid roots and rocks.

What do I do if I get hurt?

In small races, you never know if someone will come up behind you to help, so run with your ID and phone. If you're in a remote area without cell service, carry a whistle to try to attract the attention of others. Three blasts is the international signal for distress.

Jenny Hadfield is a running coach in Chicago. Visit her blog at runnersworld.com/coachjenny.



● Wild Views

"A lot of the park is like a **lunar landscape**—just barren. And when you arrive at the starting line, you're at the rim of this immense crater looking into the deepest lake [at 1,949 feet] in North America. I kept thinking about the people who discovered it. What was going through their minds?"

—WILLIE MCBRIDE, 32, PORTLAND, OREGON

Looks Matter Scenic races that will keep your mind off your legs

RIO FRIO 5-K ON ICE

This race takes place atop the frozen, snow-covered surface of the Rio Grande. The course follows the river, which weaves through the San Luis Valley, and ends with views of Blanca Peak, Colorado's fourth-highest mountain.

Alamosa, Colorado, January 31, 2015, runningguru.com, open now

GARDEN OF THE GODS 10-MILE RUN

This looped route at the base of 14,115-foot Pikes Peak rolls through red rock formations that are nearly 300 feet tall. The course, which ranges from 6,200 to 6,500 feet above sea level, follows mostly paved roads.

Manitou Springs, Colorado, June 14, 2015, gardenenmile.com, opens in March

DEADWOOD MICKELSON TRAIL MARATHON

The point-to-point, non-technical course in the pine-covered Black Hills of South Dakota leads runners through a tunnel, past **jagged gray rock faces**, and along a creek.

Deadwood, South Dakota, June 7, 2015, deadwoodmickelsontrailmarathon.com, open now





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Let There Be Lights!
Enjoy the seasonal decor by running one of these festive nighttime races.

LIGHTS IN THE PARKWAY 5-K

Top finishers of this race receive ornaments, decorated with their names and finishing times, to help them deck the halls.

November 26, Allentown, Pennsylvania, runlehighvalley.com

WINTER WONDERLAND OF LIGHTS RUN/WALK
Mr. and Mrs. Claus visit finishers of these two-, four-, and six-milers, billed as the "largest holiday light show west of the Mississippi." Runners pass more than 250 glowing displays on the course.

November 29, Portland, Oregon, aasportsltd.com

CAROL OF LIGHTS RUN
Carolers provide the soundtrack along this 5-K course that weaves through the decorated campus of Texas Tech University.

December 7, Lubbock, Texas, westtexasendurance.com

TACKY LIGHT RUN
This 6-K goes through the city's Walton Park neighborhood, an area known for its over-the-top holiday decor.

December 13, Richmond, Virginia, sportsbackers.org

RUNNING OF THE BALLS
Residents of neighborhoods along this 5-K route deck trees up to 50 feet tall with foot-wide illuminated "Christmas balls," which are made locally from chicken wire and lighted strands.

December 13, Greensboro, North Carolina, therunningoftheballs.com

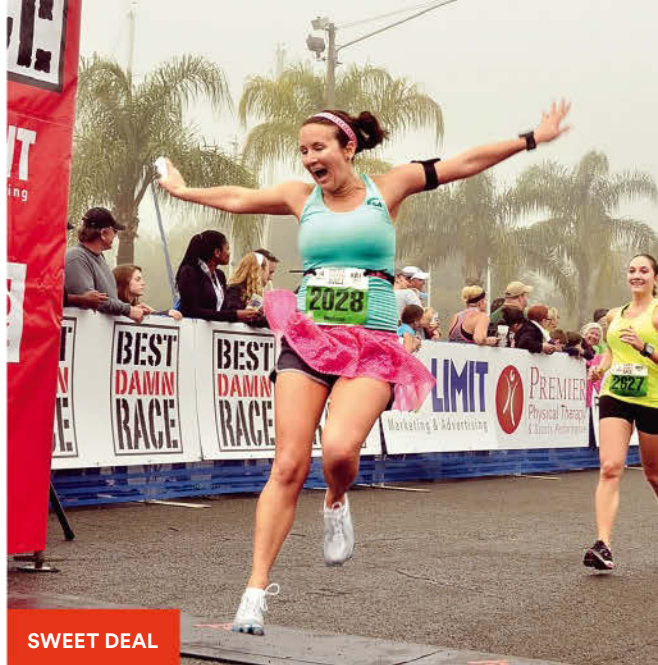


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December 7, Old Orchard Beach, Maine, running4free.com



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This series of races, which offers distances from the 5-K to the marathon, offers runners a chance to compete long before they toe the starting line. The event's sign-up process offers \$1 registration to its first 10 entrants. The next 10 participants can sign up for \$5; the next, for \$10, and so on. The enticing pricing prompts spaces to fill fast, and most of the events have a capacity of roughly 1,000.

Multiple dates, multiple locations (all in Florida), bestdamnrace.com

THE PODIUM

Three feats to cheer ● Kenya's Dennis Kimetto ran a world record 2:02:57 at the Berlin Marathon. ● Marisa Sutera Strange, 51, got her 21st win at New York's Dutchess County Classic 5-K (18:38) to extend her world record for most wins at one race. ● Spyros Barres, 51, who had his colon removed in 2010, ran 2:38:48 at the Twin Cities Marathon to become the U.S. over-50 champ.

COOL COURSE



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January 31, Sedona, Arizona, sedonamarathon.com

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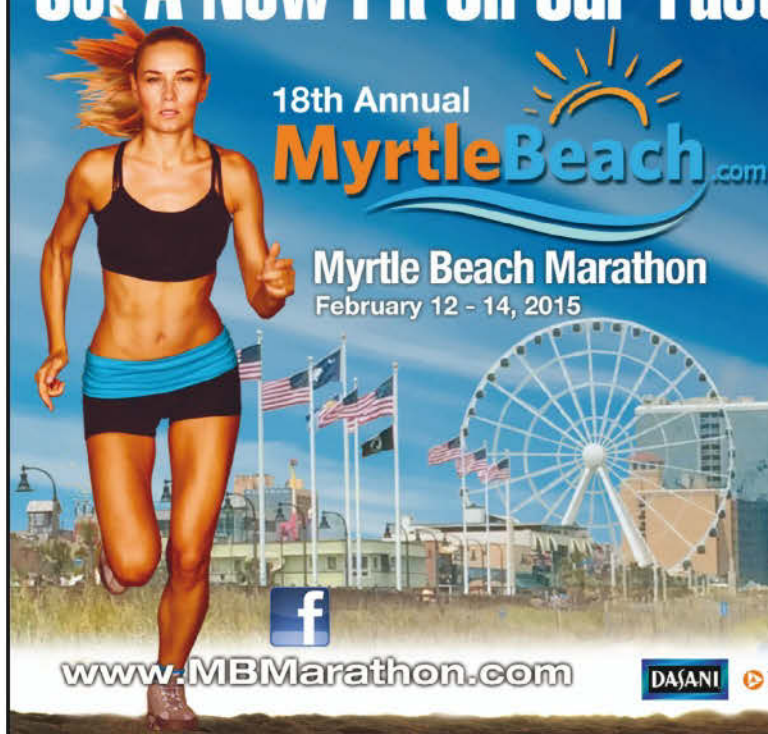
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Ron, MBM blog, April 2014

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TITLE 39, UNITED STATES CODE, FILED, October 1, 2014, Publication Number:
0 8 9 7 - 1 7 0 6 Annual Subscription Price: 24.00 Contact Person:
Joyce Shiner Telephone: 610-967-8610 Runner's World is published 12 times
a year at 400 South 10th Street, Emmaus, PA, 18098, publication and general
business offices.

9. The names and addresses of the publisher, editor, and managing editor are:
Publisher: Molly O'Keefe, 733 Third Avenue, New York, NY 10017; Editor: David
Willey, 400 South 10th Street, Emmaus, PA 18098; Managing Editor: Suzanne
Perreault, 400 South 10th Street, Emmaus, PA 18098.

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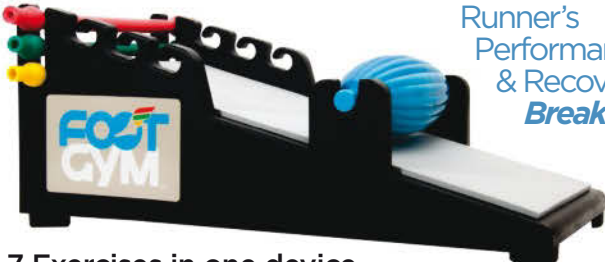


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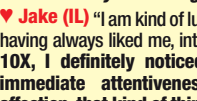
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• CONTINUED FROM PAGE 90

cornfield. If I can find it, I'll send it to you."

"Did you ever hear back?"

She smiles. "Well, you're here now, aren't you?"

* * *

Hi Michael,

I hope you made it home okay. How is your mom?

As promised, here is that excerpt from my old journal, as well as some sketched notes I found. Turns out I even sent this to RW! These are undated, but I'm guessing it was Feb 2000. Three kids, at that point, ages 4, 2.5, and 16 months.

Oh, and that Gilbert poem is called The Lost Hotels of Paris, about Ginsberg's despair of never getting it quite right. I think of it, often, whenever I'm close to finishing something and I realize I have, once again, failed my original vision. And remember Beckett's injunction to fail again, fail better...

JQ

Ideas for reflections on running, possibly for RW?

1. Past the last post (thesis/stop sign connection).

2. The space between the run & going back inside. The space between the heart pounding, sweaty thoughts flowing middle of run and the chaos waiting inside the house, the kids. But the middle space between these—the pause after the run, before the run inside—I drink this like water. Gray snow beneath pallid skies, colorless, flat; our clothesline frozen stiff, weight of icicles pulling it down. A flock of crows twisting overhead, restless to find a tree. They chatter, unsettled, then beat off again. Endless quest for rest. And I've found mine, here, in this space—the just after and just before.

PAST THE LAST POST

I run on a fitness trail. It begins at a busy corner near the elementary school, follows the blacktop for a mile,

then twists southward into the cornfields and ends at a swimming hole and run-down campground beside the golf course, three miles outside of town. This is where I turn around.

It's an unimpressive stretch of nothingness. In the summer, head-high corn flanking the path blocks the view. I feel like I'm running through a tunnel. After the harvest, the sense of raw space is dizzying. There is nothing to look at, in any season, nothing to break up the monotony of the six-mile round trip. The first time I ran with a local, the first winter after we moved here, she told me the exact number of telephone poles between the school and campground, explaining how to calculate mileage in telephone poles.

I must have looked as baffled as I felt, because she said, sheepishly, "You'll get used to it."

"Used to counting the poles?" I asked.

"Used to having nothing to look at but the poles," she said.

She was right—almost. There is something else, at the turnaround. It's random and inexplicable, there's no reason for it to be there, and for that reason alone, I look forward to reaching it each time I run.

It's a small post, about four feet high, with a full-size stop sign at the top. It is, especially in the shades-of-gray months, a splash of color, and a reminder that, if I can just push past it, keep going—

* * *

IT'S IMPOSSIBLE to say when the healing begins. Is it with that first cushy step back in Fast Break, when, instead of the usual stretching and tearing, my plantar fascia finds itself dozing off in its new cradle?

Is it during my final strides with Quatro, when, instead of the planned 11 miles, we decide on 7.5 and a side trip to see Rock City, the rock garden to end all rock gardens, all labyrinthine paths and cliff edges and blacklit fairytale rooms?

Is that where the healing begins, there in the cold sunlight amid a gaggle of schoolchildren, with Quatro telling me how more than 80 years ago, Frieda Carter first traced the 4,100-foot walking trail through Rock City Gardens, unwinding a ball of string, unaware that her efforts would result in one of the legendary attractions of the American South?

Or is it simply the fact that I keep going, taking steps over the next two weeks, as Mom's (Continued on page 118)

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TYLER, TX

Contact: Ashleigh Endicott
6991 Old Jacksonville Hwy, Tyler TX
(903) 747-3503 fresh15@brookshires.com
www.fresh15k.com

NORTH ATLANTIC

MAR 29, 2015 - Ocean Drive Marathon, 10M & 5K

Cape May, NJ
Contact: ODRC Inc.,
P.O. Box 1245, Southeastern, PA 19399.
(609) 523-0880
odmracedirector@comcast.net
www.odmarathon.org

APR 11, 2015 - Garden Spot Village Marathon & Half Marathon

New Holland, PA
Contact: Kelly Sweigart,
433 S. Kinzer Ave.,
New Holland, PA 17557.
(717) 355-6000
marathon@gardenspotvillage.org
www.gardenspotvillagemarathon.org
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MAY 3, 2015 - Dick's Sporting Goods Pittsburgh Marathon, Marathon Relay, Half Marathon, 5K, Kids 1-Mile & Pet Walk

Pittsburgh, PA
Contact: Kelsey Jackson,
810 River Ave., Suite 120,
Pittsburgh, PA 15212.
(412) 586-7785
kjackson@pittsburghmarathon.com
www.pittsburghmarathon.com

SOUTH ATLANTIC

NOV 22-23 - Harbor Lights Half Marathon

Norfolk, VA
Contact: J&A Racing,
3601 Shore Drive,
Virginia Beach, VA 23455.
(757) 412-1056
info@jandaracing.com
www.harborlightshalf.com

DEC 20 - Surf-N-Santa 5 Miler

Virginia Beach, VA
Contact: J&A Racing,
3601 Shore Dr.,
Virginia Beach, VA 23455.
(757) 412-1056
info@surfn santa5miler.com
www.surfn santa5miler.com

FEB 6-7, 2015 - Critz Tybee Run Fest 2015, 5K, 10K, Half Marathon, 2.8 Mile Beach Run, 1 Mile=26.2 Miles

Tybee Island, GA
Contact: Robert Espinoza,
3405 Waters Ave., Savannah, GA 31404.
(912) 355-3527
robert@fleetfeetsavannah.com
www.critztybeerun.com

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FEB 7, 2015 - Hilton Head Island Marathon, Half Marathon & 5K

Hilton Head, SC
Contact: Bear Foot Sports,
20 Towne Dr., PMB #200,
Bluffton, SC 29910.
(843) 757-8520
bfs@hargray.com
www.bearfootsports.com

FEB 14, 2015 - Myrtlebeach.com Myrtle Beach Marathon, Half Marathon, Team Relay, 5K & Fun Run

Myrtle Beach, SC
Contact: Myrtle Beach Marathon,
P.O. Box 8780, Myrtle Beach, SC 29578.
(843) 293-RACE (7223)
mbmarathon@yahoo.com
www.mbmarathon.com

FEB 21-22, 2015 - Publix Gasparilla Distance Classic Race Weekend 21st - 15K & 5K

22nd - Half Marathon & 8K
Tampa, FL
Contact: Susan Harmeling,
P.O. Box 1881, Tampa, FL 33601.
(813) 254-7866
gdcarun@verizon.net
www.tampabayrun.com

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FEB 28, 2015 - Scenic City Half Marathon, 5K & Charity Challenge

Chattanooga, TN
Contact: Sherilyn Johnson,
P.O. Box 11241, Chattanooga, TN 37401.
(423) 842-6265
schdirector@chattanoogatrackclub.org
www.sceniccityhalfmarathon.com

MAR 7, 2015 - Albany Marathon & Half Marathon

Albany, GA
Contact: Rashelle Beasley,
112 North Front St., Albany, GA 31701.
(229) 317-4760
rbeasley@albanyga.com
www.albanymarathon.com

MAR 21-22, 2015 - Yuengling Shamrock Marathon Weekend, Marathon, Half Marathon, 8K & 1M

Virginia Beach, VA
Contact: J&A Racing,
3601 Shore Dr.,
Virginia Beach, VA 23455.
(757) 412-1056
info@shamrockmarathon.com
www.shamrockmarathon.com

MAR 28, 2015 - Publix Savannah Women's Half & 5K

Savannah, GA
Contact: Jonathan Sykes,
101 East Bay St., Savannah, GA 31401.
(912) 644-6452
jsykes@visitsavannah.com
www.savannahwomenshalf.com

MAR 29, 2015 - Covenant Health Knoxville Marathon, Half Marathon, 5K & Relay

Knoxville, TN
Contact: Jason Altman,
P.O. Box 53442, Knoxville, TN 37950.
(865) 684-4294
info@knoxvillemarathon.com
www.knoxvillemarathon.com

APR 4, 2015 - 13th Annual Miller Lite Charlottesville Marathon, Relay, Half Marathon, 8K & Kids Mile

Charlottesville, VA
Contact: Gill, Race Director,
 1884 Westview Rd.,
 Charlottesville, VA 22903.
 (434) 218-0402
 alyssa@badtothebone.biz
 www.charlottesville-marathon.com

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APR 12, 2015 - Divas® Half Marathon & 5K in North Myrtle Beach

North Myrtle Beach, SC
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
 info@runlikeadiva.com
 www.runlikeadiva.com
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NORTH CENTRAL

APR 25, 2015 - Christie Clinic Illinois Marathon, Half Marathon, Relay, 10K, 5K & Youth Run

Champaign/Urbana, IL
Contact: Jan Seeley,
 P.O. Box 262, Champaign, IL 61824.
 (217) 369-8553
 jan@illinois-marathon.com
 www.illinois-marathon.com

MAY 2, 2015 - OneAmerica 500 Festival Mini-Marathon (13.1Miles) & 5K

Indianapolis, IN
Contact: Brett Sanford,
 21 Virginia Ave., Indianapolis, IN 46204.
 (317) 927-3378
 raceinfo@500festival.com
 www.indymini.com

MAY 17, 2015 - Rite Aid Cleveland Marathon, Half Marathon, 10K, 5K & Kids' Run

Cleveland, OH
Contact: Ralph Staph,
 29525 Chagrin Blvd., #215,
 Pepper Pike, OH 44122.
 (800) 467-3826
 info@cleveland-marathon.com
 www.cleveland-marathon.com

JUNE 13, 2015 - Summerfest Rock 'n Sole Run, Half Marathon, Quarter Marathon & 5K

Milwaukee, WI
Contact: Sandra Chambers,
 16851 Southpark Dr., Suite 100,
 Westfield, IN 46074.
 (317) 354-7796
 sandra@visioneventmanagement.com
 www.rocknsolerun.com

AUG 22, 2015 - Madison Mini-Marathon, Half Marathon, 5K & Kids' Run

Madison, WI
Contact: Sandra Chambers,
 16851 Southpark Dr., Suite 100,
 Westfield, IN 46074.
 (317) 354-7796
 sandra@visioneventmanagement.com
 www.madison-minimarathon.com

SEPT 19, 2015 - Air Force Marathon, Half Marathon, 10K & 5K

Wright-Patterson AFB, Dayton, OH
Contact: Race Director,
 Bldg #219, Room 106,
 5030 Patterson Pkwy.,
 Wright-Patterson AFB, OH 45433.
 (937) 257-4350
 usaf.marathon@us.af.mil
 www.usaf-marathon.com

SOUTH CENTRAL

JAN 18, 2015 - The Louisiana Marathon, Half Marathon, 5K & Kids Marathon

Baton Rouge, LA
Contact: Craig Sweeney,
 2041 Perkins Road,
 Baton Rouge, LA 70808.
 (888) 786-2001
 craig@thelouisianamarathon.com
 www.thelouisianamarathon.com

JAN 25, 2015 - 3M Half Marathon

Austin, TX
Contact: Conley Sports Productions,
 P.O. Box 684587, Austin, TX 78768.
 (512) 476-7223
 3mhalfmarathon@conleysports.com
 www.3mhalfmarathon.com

FEB 14, 2015 - Jail Break Run, Half Marathon & 5K

Baytown, TX
Contact: Mary Pinney,
 P.O. Box 893, Mt. Belvieu, TX 77580.
 (832) 767-8535
 mary@project-blue.org
 www.jailbreakrun.org

FEB 15, 2015 - Austin Marathon & Half Marathon

Austin, TX
Contact: Stanley Conley,
 P.O. Box 684587, Austin, TX 78768.
 (512) 476-7223
 info@youraustinmarathon.com
 www.youraustinmarathon.com

FEB 22, 2015 - Michelob Ultra El Paso Marathon, Half Marathon & 5K

El Paso, TX
Contact: Mike Coulter,
 P.O. Box 2443, El Paso, TX 79952.
 (915) 274-5222
 information@elpasomarathon.org
 www.elpasomarathon.org
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MAR 8, 2015 - Zydeco Marathon & Half Marathon

Lafayette, LA
Contact: Michael Howard,
 P.O. Box 81303, Lafayette, LA 70598.
 (337) 501-5015
 info@zydecomarathon.com
 www.zydecomarathon.com

MAR 29, 2015 - Austin 10/20 - The Live Music Race in the Live Music Capital of the World!, Ten Miles

Austin, TX
Contact: Turnkey Operations,
 4018 Caven Rd., Austin, TX 78744.
 (512) 299-9190
 info@austin1020.com
 www.austin1020.com
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MAR 29, 2015 - Hogeye Marathon & Relays, Marathon, Half Marathon, 5K & 4-Person Relay

Fayetteville, AR
Contact: Tabby Holmes,
 P.O. Box 8012, Fayetteville, AR 72703.
 rd@hogeyemarathon.com
 www.hogeyemarathon.com

APR 19, 2015 - Divas® Half Marathon & 5K in Galveston

Galveston, TX
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
 info@runlikeadiva.com
 www.runlikeadiva.com
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MOUNTAIN PACIFIC

NOV 8 - Select Staffing Santa Barbara Veterans Marathon, Half Marathon & Team Competition

Santa Barbara, CA
Contact: Rusty Snow
 (805) 563-4503
 sbimarathon@cox.net
 www.sbimarathon.com

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JAN 18, 2015 - Maui OceanFront Marathon, Half Marathon, 15K, 10K & 5K

Wailea to Lahaina, Maui, HI
Contact: Les Wright,
 P.O. Box 20000,
 So. Lake Tahoe, CA 96151.
 (530) 559-2261
 runmaui@gmail.com
 www.runmaui.com

FEB 15, 2015 - California 10/20, 10 Miles, 20 Bands in North San Diego County, CA

Del Mar, CA
Contact: Turnkey Operations,
 4018 Caven Rd., Austin, TX 78744.
 (888) 981-9190
 info@cal1020.com
 www.cal1020.com

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MAR 15, 2015 - Wine Country Runs, Half Marathon, 5K & Kid's 1 Mile

Paso Robles, CA
Contact: Mary Ann Burke,
 1191 Creston Rd #115,
 Paso Robles, CA 93446.
 winecountryruns@gmail.com
 www.winecountryruns.com

MAY 17, 2015 - 10th Annual Kaiser Permanente Colfax Marathon, Marathon Relay, Half Marathon, Urban 10 Miler & Marathon Relay

Denver, CO
Contact: Race Crew,
 City Park, Denver, CO.
 (303) 770-9600
 info@runcolfax.org
 www.runcolfax.org
Denver's Ultimate Urban Tour!

MAY 31, 2015 - Divas®

Half Marathon & 5K in San Francisco Bay

Burlingame, CA
Contact: Continental Events & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
 info@runlikeadiva.com
 www.runlikeadiva.com

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INTERNATIONAL

MAR 1, 2015 - Kilimanjaro Marathon, Half Marathon & 5K

Moshi, Tanzania, Africa
Contact: Kathy Loper Events,
 7801 Mission Center Court, Suite 204,
 San Diego, CA 92108.
 (619) 298-7400
 kathy@kathylopererevents.com
 www.kathylopererevents.com/kilimanjaro
Safari, Run, Trek

MAY 16, 2015 - Great Wall Marathon, Half Marathon & 8.5K

Huangyan/Beijing, China
Contact: Kathy Loper Events,
 7801 Mission Center Court, Suite 204,
 San Diego, CA 92108.
 (619) 298-7400
 kathy@kathylopererevents.com
 www.kathylopererevents.com/gwm
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MAY 24, 2015 - Scotiabank Ottawa Marathon, Half Marathon, 10K, 5K, 2K & Kid's Marathon

Ottawa, ON, Canada
Contact: John Halvorsen,
 5450 Canotek Rd., Unit 45,
 Ottawa, ON K1J 9G2.
 (866) RUNOTTA
 halvorsen@runottawa.ca
 www.runottawa.com

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NOV 8, 2015 - Athens Marathon, 10K & 5K, Original Historical Course

Athens, Greece
Contact: Apostolos Greek Tours Inc.,
 2685 S. Dayton Way #14,
 Denver, CO 80231.
 (303) 755-2888
 www.athensmarathon.com
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cancer gets a name and continues racing through her organs and bones, and “six months to a year” becomes “one to two months” becomes “any day now” and the only thing I leave the house for is my daily break on Wildwood Trail?

The day before she dies, when the endorphins hit, they bring with them a storm of tears and shivers.

My Sinkhole, I can't help but think.

I try to tell myself it's okay if she's gone when I get back, if I've said goodbye for the last time. But underneath my sweat is a terrible fury. I'm in the best shape I've been in since the '90s. Why can't I give some of this to her?

The inherent selfishness in what I'm doing brings me to a stop in the middle of the trail. I yank off my shirt and feel each heartbeat shake my entire body. What right do I have to go for a run at a time like this? I can feel my shoulders bending under the weight of this question, a series of cramps stirring in my gut. Insoles are one thing, but what I really need are new thoughts. And for the thousandth time this month, it's Jamie Quatro's words I'm reaching for. This time, however, I'm grabbing at ones she never meant to get published.

The space between the run and going back inside...The just after and just before.

Fourteen years ago, Quatro was running from—and toward—something very different. But family is family. Chaos is chaos. And without these breaks, these splashes of color, we might not know how to find meaning in all that noise.

I roll up my shirt and tuck it into my shorts. I don't bother restarting my watch. It doesn't really matter how fast I'm going. I'm just a kid running home to his mom one final time. When I reach the patio, I yank off my shoes and socks. Standing there, gulping in the almost unbearably sweet spring air, I let myself not know for one more moment. And then I burst inside, and kneel beside her, and hide my muddy knees, and hold her hand, and try to stop time. ■

RUNNER'S WORLD (ISSN 0897-1706) IS PUBLISHED MONTHLY BY RODALE INC., VOLUME 49 NUMBER 12, EDITORIAL OFFICES 400 SOUTH 10TH ST. EMMAUS, PA 18098 (610-967-5171). ©2014 RODALE INC. ALL RIGHTS RESERVED. **POSTMASTER:** SEND ADDRESS CHANGES TO RUNNER'S WORLD, P.O. BOX 26299, LEHIGH VALLEY, PA 18022-6299. PERIODICALS POSTAGE PAID AT EMMAUS, PA, AND ADDITIONAL MAILING OFFICES. **IN CANADA** POSTAGE PAID AT GATEWAY MISSISSAUGA, ONTARIO. CANADA POST PUBLICATIONS MAIL AGREEMENT NUMBER 40063752. RETURN UNDELIVERABLE CANADA ADDRESSES TO RUNNER'S WORLD, 2930 14TH AVE, MARKHAM, ONTARIO L3R 5Z8. GST #R122988611. SUBSCRIBERS: IF THE POSTAL AUTHORITIES ALERT US THAT YOUR MAGAZINE IS UNDELIVERABLE, WE HAVE NO FURTHER OBLIGATION UNLESS WE RECEIVE A CORRECTED ADDRESS WITHIN 18 MONTHS.

PRINTED IN THE U.S.A.



THE RUN DOWN

inside the runner's world



RUNNER'S WORLD joins the Kia Running & Walking Club in Irvine, California

RUNNER'S WORLD JOINS THE CLUB

Kia Motors America invited RUNNER'S WORLD to be part of its **Running & Walking Club** this summer at Kia's Irvine, California, headquarters. The event was organized by **Jeff Liu**, Kia Motors America National Manager, Corporate Procurement, who is known to spend his weekends running ultramarathons.

Approximately 40 people joined RUNNER'S WORLD Brand Editor **Warren Greene** and West Coast Account Manager **Tara Salcido** in late August for a special session of the Running & Walking Club.

Greene engaged the club in a prerun talk about improving speed, how to choose the right gear, the proper way to cross-train, and on this particularly hot day, how to run safely in the heat.

Greene then led an easy three-mile fun run along the Kia bike path. The 98-degree temperatures did nothing to wilt the spirits of this group, as they were all smiles.

"We appreciate Kia's Running & Walking Club for the chance it gives us to get out of the office and stay healthy, both physically and mentally," said Kia Motors America's Digital Marketing Planning Manager **Ian Televik**. "It was great having RUNNER'S WORLD out with us. Even with the hot and humid weather, we had double our usual participation."

GET YOUR NEW YORK ON

RUNNER'S WORLD partnered with luxury watchmaker **TAG Heuer** and **NYRR** to create the **"Get Your New York On" Challenge** in advance of the **2014 TCS New York City Marathon**.

"TAG Heuer is a legacy brand that aligns well with the TCS New York City Marathon and New York Road Runners," said **Mary Wittenberg**, president and CEO of NYRR. "With their storied history in sports and commitment to performance and innovation, this is a great match with our running community and we're excited that they're recognizing some of the most inspiring runners in the marathon."

All 2014 NYC Marathon runners in North America had the opportunity to share the story of their journey to the NYC Marathon starting line. Runners were asked to describe themselves in one word and to explain why they were running the race.

As runners know well, the inspiration behind the decision to enter and train for a marathon is very personal. The entries certainly reflected the highs and the lows we often see, a mix of individual setbacks, triumphs, the need to push past conflict, overcome loss, or simply achieve a milestone once never thought possible.

These stories resonated for both the fans that voted and the esteemed judging panel. The winners were **Justin Michalski**, from Middletown, Connecticut, and **Michelle Delucca**, from Binghamton, New York. Justin has overcome many personal setbacks to now become a new father with a blossoming career. He is running for **Team for Kids**, an organization that helps keep kids on the right path. Michelle has been diagnosed with Achalasia, an extremely rare auto-immune disorder. Despite the hardships this disease causes, Michelle uses running to show, that she, not the disease, is in control her life.

The winners were unveiled at a public event in New York's Times Square the morning before the marathon, as TAG Heuer debuted its new billboard that features the winners and was shot by RUNNER'S WORLD. Each winner received a TAG Heuer Timepiece and official ASICS TCS New York City Marathon gear. Congratulations to Justin and Michelle!

To see all of our amazing entries, visit tcsnycmarathonchallenge.com.



AARON MARTENS

PRO BASS FISHERMAN, 42, LEEDS, ALABAMA



"Fishing is all in your head. Running keeps me mentally sharp."

FOUR YEARS AGO, my wife started a Ragnar relay team with bass wives. She inspired me to run.

I TRIED to form a team of fishermen. I got none. They all said, "I'll only run if I'm being chased." I said, "Well, you'll get caught."

I'VE RUN three Ragnar Relays. I ran my first half-marathon in

2012 in 1:43, and the Philadelphia Marathon later that year in 3:56.

I GOT walking pneumonia two weeks before Philly. I did my longest run a week before the race. I was sore, but it's neat to push your body that hard and finish.

RUNNING MAKES your reactions faster, your thoughts clearer.

● **Martens, the 2013 Toyota Bassmaster Angler of the Year, finished fourth in this year's standings. He plans to race in the Red Shoe Run 10-miler in Birmingham, Alabama, in January.**

After long days you aren't tired. That's key; some events you only get two hours of sleep a night.

FISHING IS fast-paced. You move a lot, fish up to 40 spots a day, and my boat doesn't have a seat. And there's a lot of money at stake.

I WORE an activity monitor for a year and found out I burned 4,000 calories a day in tournaments.

OUR BOATS GO close to 80 miles per hour. You hit five waves a second. Running has strengthened my core, so I no longer feel that jarring. I feel almost invincible.

YOU CAN get injuries, like tennis elbow—you cast up to four times a minute. Calves, too, if you're not used to standing that long. Running forces me to stretch.

I RUN in Altras. On the boat, if I'm not barefoot, I wear Vibram FiveFingers or Saucony Hattoris, shoes that let me stretch my feet.

I DO 20 to 30 miles a week, but I've gone up to 50. During the peak of the season, I might miss a week, and I get these "runner lows."

AT TOURNAMENTS, anglers stay in campgrounds that are off the main road, so I can usually create a nice two-mile loop to run.

OTHER ANGLERS think I'm crazy. Most are overweight, don't watch their diets. I eat healthy and run, so they make remarks like, "You only get so many heartbeats!" I'm like, "Dude, are you kidding?"

IN THE LAST 10 years, the sport's gotten tougher—new electronics have leveled things. Also, a lot of the young guys are in good shape. You take everything you can. I don't want to be done at 50. **NW**



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